Distress Tolerance Worksheet

DBT distress tolerance: get through intense moments without making things worse. Learn the skills when calm.

Name _____ Date _____

1. Rate your distress (0–10) to pick where to start. 7–10: TIPP first, so your body calms down. 4–6: self-soothe, distraction (ACCEPTS) or pros and cons. 1–3: radical acceptance or mindfulness.

2. Skills. TIPP Temperature, Intense exercise, Paced breathing, Progressive muscle relaxation. **STOP** Stop, Take a step back, Observe, Proceed mindfully. **Pros and cons** of acting on and resisting the urge. **Self-soothe** with the five senses. **ACCEPTS** Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations. **Radical acceptance** for what you can't change.

3. Log what happened.

Date	What happened	Distress before (0–10)	Skill used	Distress after (0–10)	What I learned

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

DBT Pal has paced breathing and 5-4-3-2-1 grounding for the hardest moments, and a diary card to tick the skills you used. Free for iPhone and Android: dbtpal.app/get?c=pdf-distress-tolerance