TIPP Skill Worksheet

DBT distress tolerance: four body-based ways to bring intensity down fast. Practice them when calm. Check with your doctor first if you have a heart or respiratory condition, or are pregnant.

Name _____ Date _____

- **T — Temperature:** cold water or an ice pack on your face for 15–30 seconds.
- **I — Intense exercise:** sprint, jumping jacks or stairs, hard enough that talking is difficult.
- **P — Paced breathing:** in for 4, out for 6–8, for 1–3 minutes.
- **P — Progressive muscle relaxation:** tense one muscle group for a few seconds, then release, working through the body.

Date	What happened	Intensity before (0–10)	Technique	Intensity after (0–10)	Notes

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 a paced breathing exercise for TIPP's P, and a diary card to rate your emotions 0–5 each day. Free for iPhone and Android: dbtpal.app/get?c=pdf-tipp