



Distress Tolerance Handout 1



Distress = Feeling Bad, Feeling Upset
Tolerance = Putting up with, Accepting

GOALS OF DISTRESS TOLERANCE



Understand Your Stress

Identify what you are feeling



Accept Your Stress

Don't try to get rid of your pain if you can't



Survive Your Crisis

Distract yourself
Calm yourself
Make yourself feel better
Think about your choices

