

# Distress Tolerance Handout 2

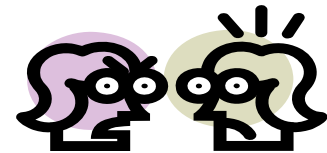
## Reasons to Use Distress Tolerance Skills



Pain is part of life



If you can't deal with your pain you will probably do things without thinking



When you act without thinking you might hurt yourself or not be able to get what you want

