

Name: _____

Date: _____

distress tolerance

S U X M R D B F A R C 3 D N I M E S I W E Y R G
H A B F E S D I S T R E S S L K Y G H S D L G V
W O D A T I G O X X N L R P P U C L I S L O 3 F
S M H C A S S O I 3 P H L O K C Y C K C C N Y I
T B S Y W I I R D Y B O E I R V E P V C V Y A T
C R D C D R T E O U O F I K K X S U T T T T X I
G W D A L C B O D Y S C A N E S N E X L H C M P
S M T S O G X K V B R P D E C L P R D I B C U S
M M M P C O V U O W F M S T R W F O T U Y V R K
G W K G D M K T M B I N M H U I X P T G U X W I
A R P W H P S Y R P E Y 3 N E S I I F S R V D L
E R X B B Y F D F T K O N E M I N D F U L D L L
F A M I L Y M N N 3 H A G N I H T O O S F L E S
A O C I M A G I N A R Y S A F E P L A C E V P C
E A U O W F K 3 O D G V F X E G R O U N D I N G
V 3 M I N U T E B R E A T H I N G S P A C E X A
O D I M P R O V E T H E M O M E N T O H H S P M
L N 3 L W I S E M I N D A C C E P T S H S P V G
C W 3 L B X F S P A C E D B R E A T H I N G K N
U L I S T E N I N G T O H E A R A N D N O W O S
X H E X V M M I B R Y Y V X T M E E D M I A V M
I N N B M I N D F U L N E S S R A A M E I K F G
O X B 3 I M A G E R Y V E X C N H U V O G H X E
E A K 3 P R O S A N D C O N S E F F E C T I V E

listening to hear and now
IMPROVE the moment
intense exercise
one mindful
STOP skill
grounding
distress
crisis
sad

3 minute breathing space
wise mind ACCEPTS
pros and cons
mindfulness
tip skills
body scan
imagery
guilt

imaginary safe place
paced breathing
self soothing
cold water
wise mind
effective
family
love