|  |  |
| --- | --- |
| 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 |

   wise mind       grounding       paced breathing       intense execise       listening to hear and now       3 minute breathing space       imagery       imaginary safe place       body scan       effective       family       guilt       love       crisis       cold water       STOP skill       IMPROVE the moment       wise mind ACCEPTS       pros and cons       one mindful       tip skills       mindfulness       sad       self soothing       distress