

4 Distress Tolerance Tools

Today we discussed strategies you can use to bring down your emotional intensity when you become emotionally hijacked. These are called Distress Tolerance Tools.



The tools that were mentioned today include:

Mindfulness Moment

Paced Breathing

Compassionate Self Touch

Ice Diving

Circle or put a check next to one of the Distress Tolerance Tools.

Using the space below describe a situation when you might use that tool to reduce your emotional intensity. Be specific. Say where, when and who might be involved.

Make a commitment to use the tool the next time you are in the situation you describe.
