

DISTRESS TOLERANCE WORKSHEET 11A (Distress Tolerance Handouts 14, 14a)

Practicing Half-Smiling and Willing Hands

Due Date: _____ Name: _____ Week Starting: _____

Practice half-smiling/willing hands twice each day. Describe what you did to practice, and what you were trying to accept. (See Distress Tolerance Worksheet 11 for ideas.)

	What did you do to practice allowing your thoughts?	What were you having trouble accepting (if any)?	How much time passed in doing this skill?	Rate before/after skill use			Conclusions or questions about this skills practice
				Acceptance (0 = none at all; 5 = I am at peace with this)	Emotion Negative emotion intensity (0-100)	Emotion Positive emotion intensity (0-100)	
Mon				/	/	/	
Tues				/	/	/	
Wed				/	/	/	
Thurs				/	/	/	
Fri				/	/	/	
Sat				/	/	/	
Sun				/	/	/	

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

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