

DISTRESS TOLERANCE WORKSHEET 12A

(Distress Tolerance Handouts 15, 15a)

Practicing Mindfulness of Thoughts

Due Date: _____ Name: _____ Week Starting: _____

Practice allowing the mind twice each day. Describe what strategy you used to allow your thoughts, and what thoughts you had. (See Distress Tolerance Worksheet 12 for ideas.) Rate your experience below.

	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)	Negative emotion intensity (0-100)	Positive emotion intensity (0-100)	
Mon				/	/	/	
Tues				/	/	/	
Wed				/	/	/	
Thurs				/	/	/	
Fri				/	/	/	
Sat				/	/	/	
Sun				/	/	/	

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

From *DBT Skills Training Handouts and Worksheets, Second Edition* by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of this book for personal use only (see copyright page for details). Purchasers may download a larger version of this worksheet from www.guilford.com/dbt-worksheets.