

# DISTRESS TOLERANCE WORKSHEET 6 (Distress Tolerance Handout 8)

## Self-Soothing

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Describe two crisis situations that happened to you. Then describe your use of the self-soothing skills.

**CRISIS EVENT 1:** Rate level of distress (0–100) Before: \_\_\_\_\_ After: \_\_\_\_\_

**Prompting event** for my distress (who, what, when, where): What triggered the state of crisis?

- Vision
- Hearing
- Smell
- Taste
- Touch

At left, check the skills you used, and describe here:

Describe the outcome of using skills:

Circle a number to indicate how effective the skills were in helping you tolerate the distress and cope with the situation (keeping you from doing something to make the situation worse). Use the following scale:

- |  |  |  |   |   |
|--|--|--|---|---|
| <i>I still couldn't stand the situation, even for one more minute.</i> | <i>I was able to cope somewhat, at least for a little while. It helped somewhat.</i> | <i>I could use skills, tolerated distress, and resisted problem urges.</i> |   |   |
| 1  | 2  | 3  | 4 | 5 |

**CRISIS EVENT 2:** Rate level of distress (0–100) Before: \_\_\_\_\_ After: \_\_\_\_\_

**Prompting event** for my distress (who, what, when, where): What triggered the state of crisis?

- Vision
- Hearing
- Smell
- Taste
- Touch

At left, check the skills you used, and describe here:

Describe the outcome of using skills:

Circle effectiveness of skills:

- |  |  |  |   |   |
|--|--|--|---|---|
| <i>I still couldn't stand the situation, even for one more minute.</i> | <i>I was able to cope somewhat, at least for a little while. It helped somewhat.</i> | <i>I could use skills, tolerated distress, and resisted problem urges.</i> |   |   |
| 1  | 2  | 3  | 4 | 5 |

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