

Toolbox Handout 5: Distress Tolerance: ACCEPTS & TIPP



What is meant by “Distress Tolerance”?

Compare the two types of Distress Tolerance Skills; how are each important?

Crisis Survival Skills:

Vs. Reality Acceptance Skills:

When it is appropriate to choose a Distract / ACCEPTS skill, versus a problem solving skill?

Self-Reflection: Brainstorm your own options for Wise Mind ACCEPTS

Activities :

Contributing :

Comparisons :

Emotions :

Pushing Away :

Thoughts :

Sensations :

What Are the TIPP Skills?

T :

I :

P :

P :

What’s different about when to use TIPP versus a distract or problem solving skill?

----- At Home Practice: -----

Practice Each TIPP Skill at least one time. For each practice, complete the below self-check in:

Skill Practice: Temperature

What did you do? (Describe)

Recalling our temperature gauge, rate your emotional arousal on a scale of 0-100

Before Practice _____ After Practice _____

Skill Practice: Intense Exercise

What did you do? (Describe)

Recalling our temperature gauge, rate your emotional arousal on a scale of 0-100

Before Practice _____ After Practice _____

Skill Practice: Paced Breathing

What did you do? (Describe)

Recalling our temperature gauge, rate your emotional arousal on a scale of 0-100

Before Practice _____ After Practice _____

Skill Practice: Progressive Muscle Relaxation

What did you do? (Describe)

Recalling our temperature gauge, rate your emotional arousal on a scale of 0-100

Before Practice _____ After Practice _____