

## Toolbox Handout 6: Distress Tolerance Self-Sooth & IMPROVE



What are ways you already “treat yourself” when you are down, upset, or sad?

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Of the ways you already “treat yourself”, are any of these activates ones that sooth your senses? Which?

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For each of the senses, name a few activities or ways you can soothe that sense

Vision

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Smell

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Touch

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Hearing

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Taste

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Movement

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When is a good time to use the IMPROVE skill?

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Self-Reflection: Rank these crisis survival skills in order of which you use most (1) to least (2)

Imagery : \_\_\_\_\_

Meaning : \_\_\_\_\_

Prayer : \_\_\_\_\_

Relaxation : \_\_\_\_\_

One Thing : \_\_\_\_\_

Vacation : \_\_\_\_\_

Encouragement : \_\_\_\_\_

Choose a few that you’d like to work on, and/or brainstorm how to implement them?

1 : \_\_\_\_\_

2 : \_\_\_\_\_

3 : \_\_\_\_\_

What’s is your favorite crisis survival skill so far? (ACCEPTS, TIPP, Self-Soothe, IMPROVE) Why?

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

Using some ideas that you generated above, choose some strategies for practicing two specific IMPROVE skills during the week when you feel upset (e.g. Encouragement and Vacation)

IMPROVE Skill #1: \_\_\_\_\_ IMPROVE Skill #2: \_\_\_\_\_

Briefly describe the stressful situation(s) you were in when you chose to practice your skills?

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Did using the skills help you to:

(1) Cope with uncomfortable feelings and urges?

YES                       NO

(2) Avoid conflict of any kind?

YES                       NO

If Yes, please describe how it helped:

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If No, please describe why you believe it did not help:

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