Welcome

Toolbox: Webisode Seven

Distress Tolerance: Pros and Cons

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WHAT WE DO

Youth Eastside Services (YES) is the leading behavioral health service provider for children and youth, ages birth to 22, and their families in East King County.

MISSION

Youth Eastside Services (YES) is a lifeline for kids and families coping with challenges such as emotional distress, substance abuse and violence. Through intervention, outreach and prevention, YES builds confidence and personal responsibility, strengthens family relationships, and advocates for a safer community that cares for its youth.

SERVICES

YOUTH & FAMILY
MENTAL HEALTH COUNSELING

SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING

COMMUNITY EDUCATION &
PREVENTION PROGRAMS

REACH OUT TO US

CURRENTLY OFFERING VIRTUAL SERVICES

youtheastsideservices.org/virtual-services

CALL US TO INQUIRE ABOUT SERVICES

425-747-4937

JOIN US ON SOCIAL MEDIA

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REACH OUT TO SOMEONE ELSE

KING COUNTY CRISIS LINE (24/7)

1-866-427-4747 or 206-461-3222

TEEN LINK (6-10pm nightly)

1-866-TEENLINK or 1-866-833-6546 or teenlink.org

CRISIS TEXT LINE (24/7)

Text HOME to 741741

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DELANEY KNOTTNERUS

School Based Behavioral
Health Coordinator
LSWAIC, SUDP, MHP

CAILYN GRIFFITH

Behavioral Health Support
Specialist
LMHCA, SUDPT, MHP

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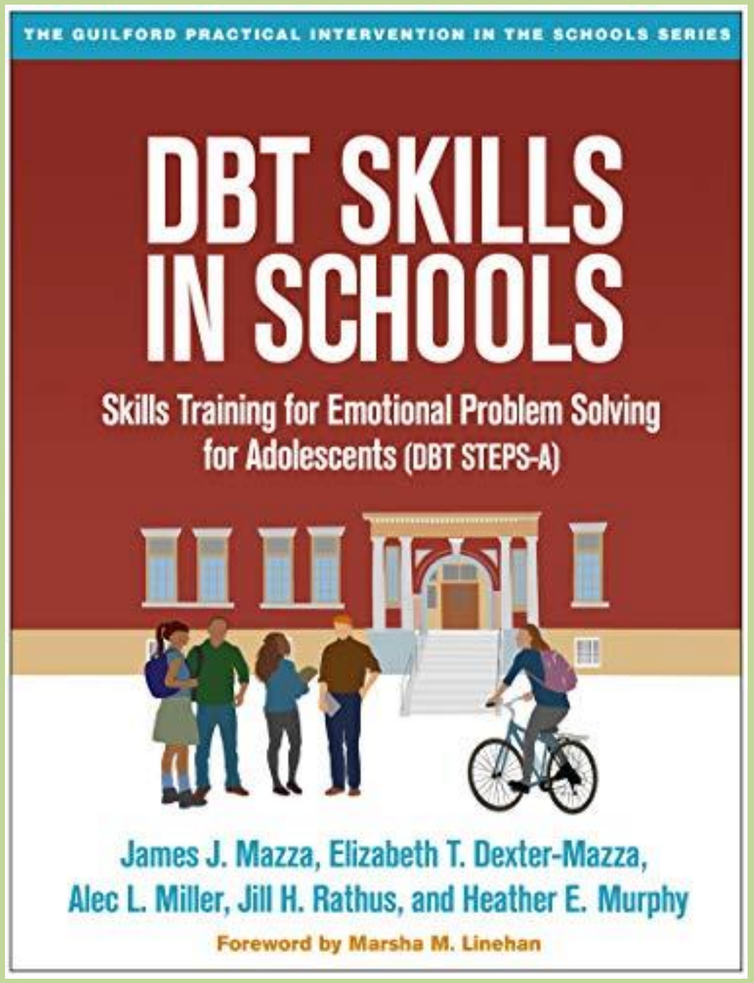
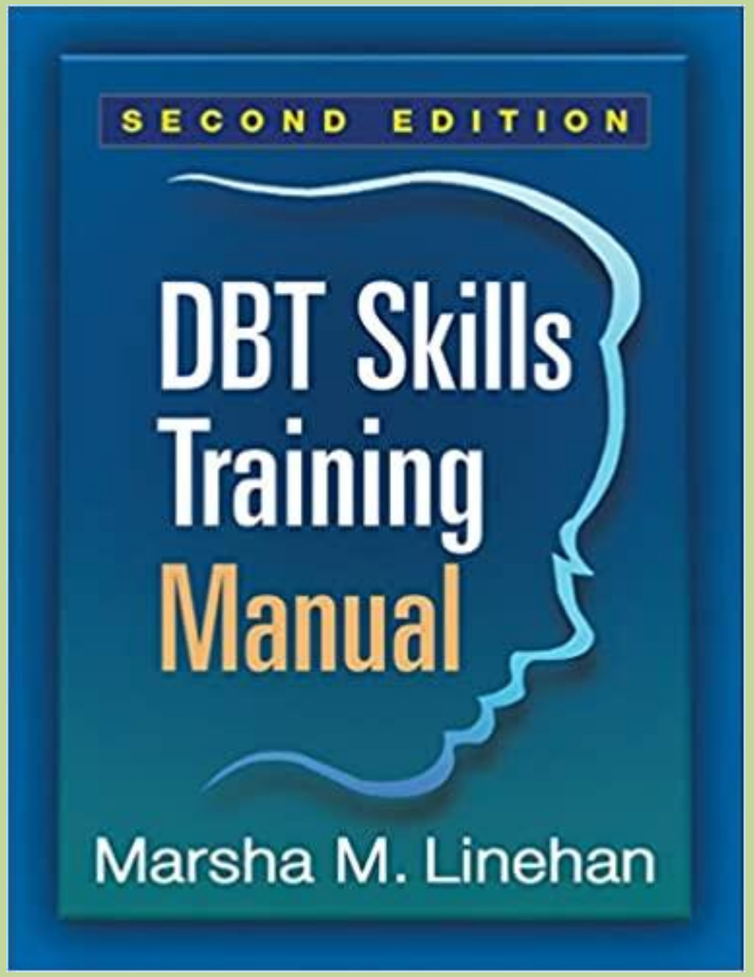
The Materials





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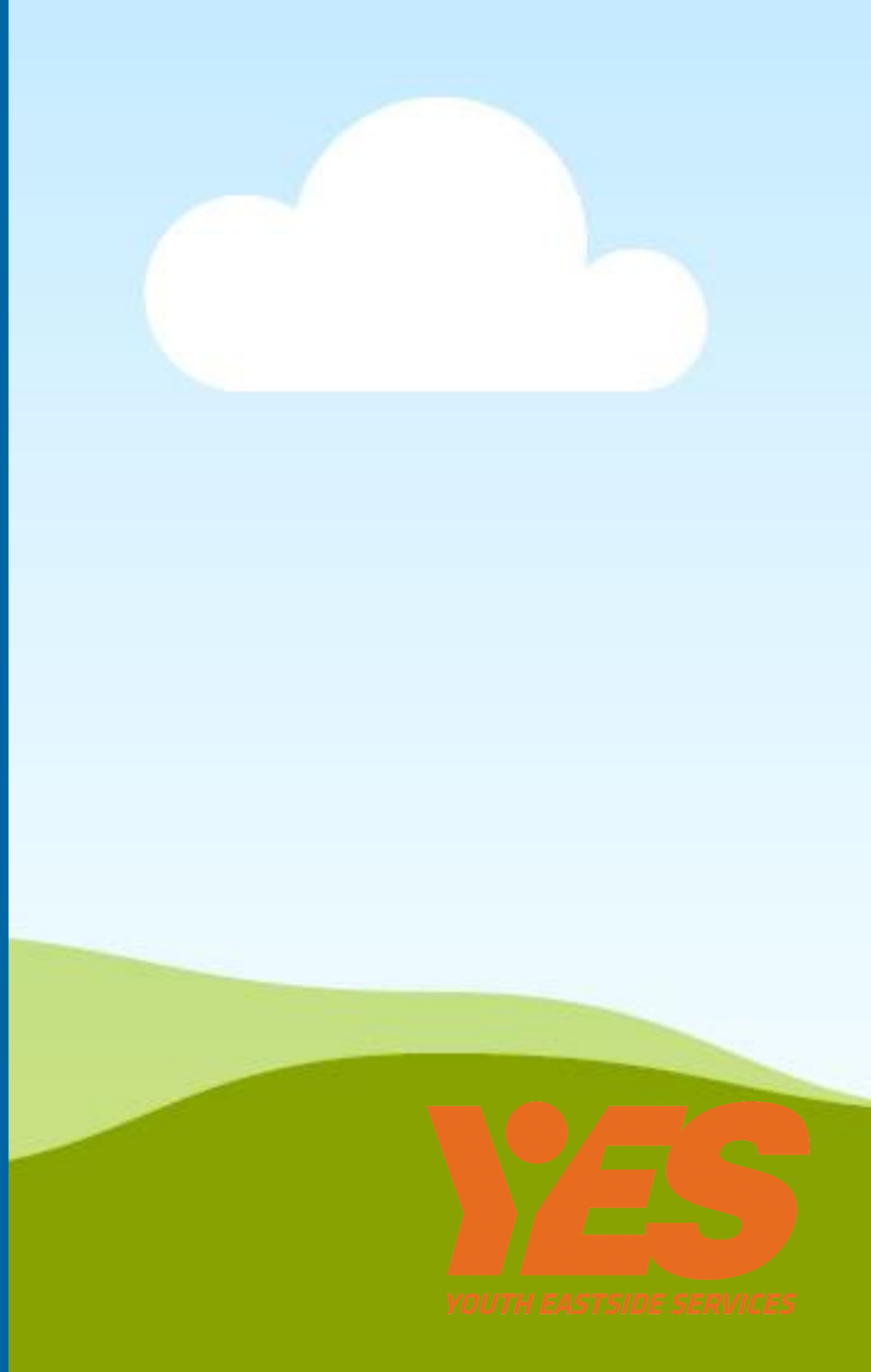
Today's Agenda

- Mindfulness
- Review Distress Tolerance
- Pros and Cons
- At Home Practice
- Q&A

Week 7 of 16 Week Series
May 27th 2021



Your Toolbox:

Mindfulness

- Thinking Dialectically
- Wise Mind
- Observe
- Describe
- Participate
- Nonjudgmentally
- One-Mindfully
- Effectively

Distress Tolerance

- ACCEPTS
- TIPP
- Self-Soothe
- IMPROVE
- **Pros & Cons**

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Mindfulness

Let's Practice

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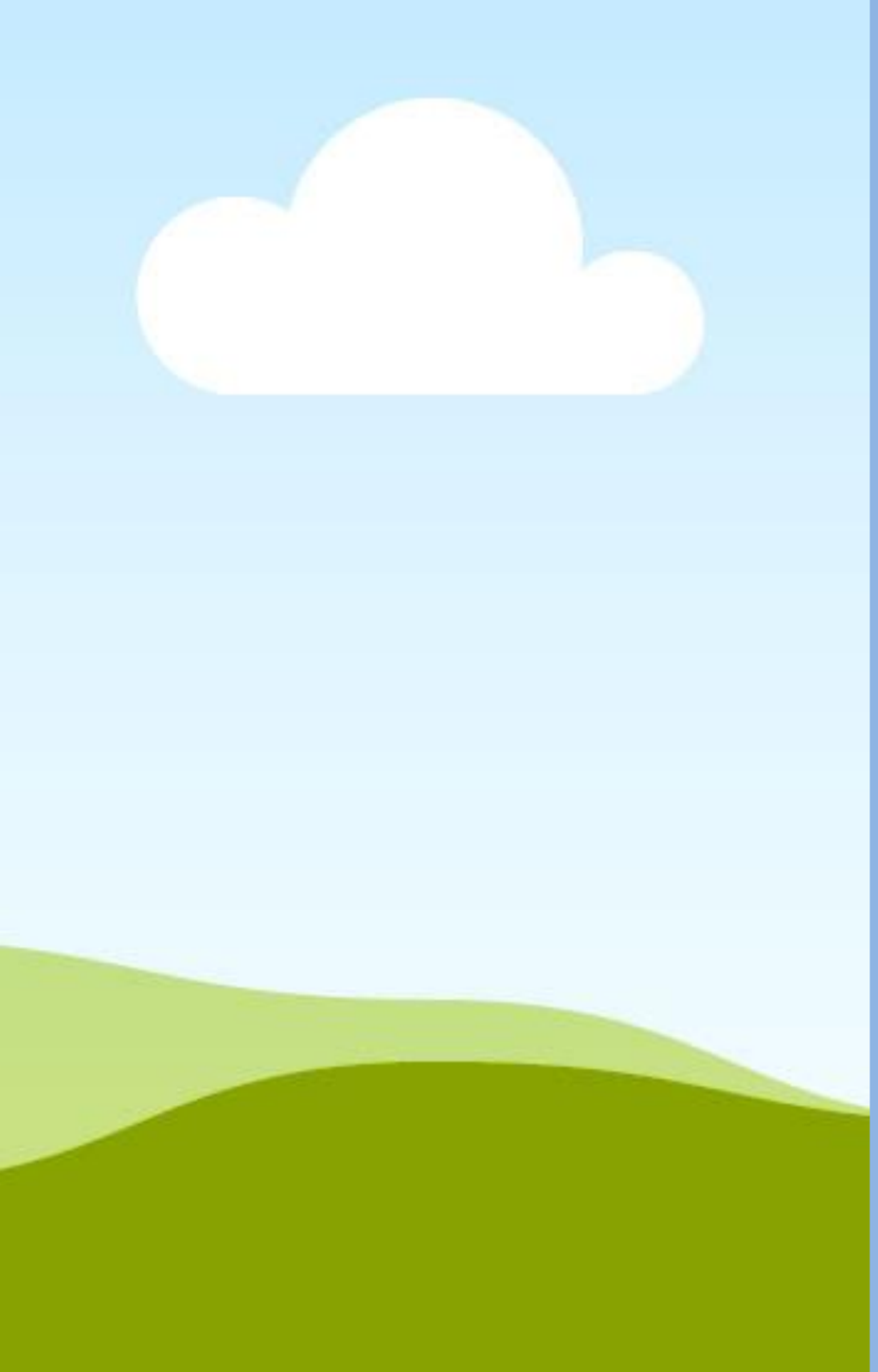

Distress Tolerance

- Learning to bear pain skillfully
- Learning to tolerate urges to act from emotion mind
- Used to get through a bad situation without making it worse

Pain is a natural and necessary part of life, and DISTRESS TOLERANCE helps us bear these times

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Two types of Distress Tolerance Skills:

Crisis Survival Skills
- get through a short-term crisis without making it worse

Reality Acceptance Skills
- meant for long-term distressing situations where you can't change or fix anything

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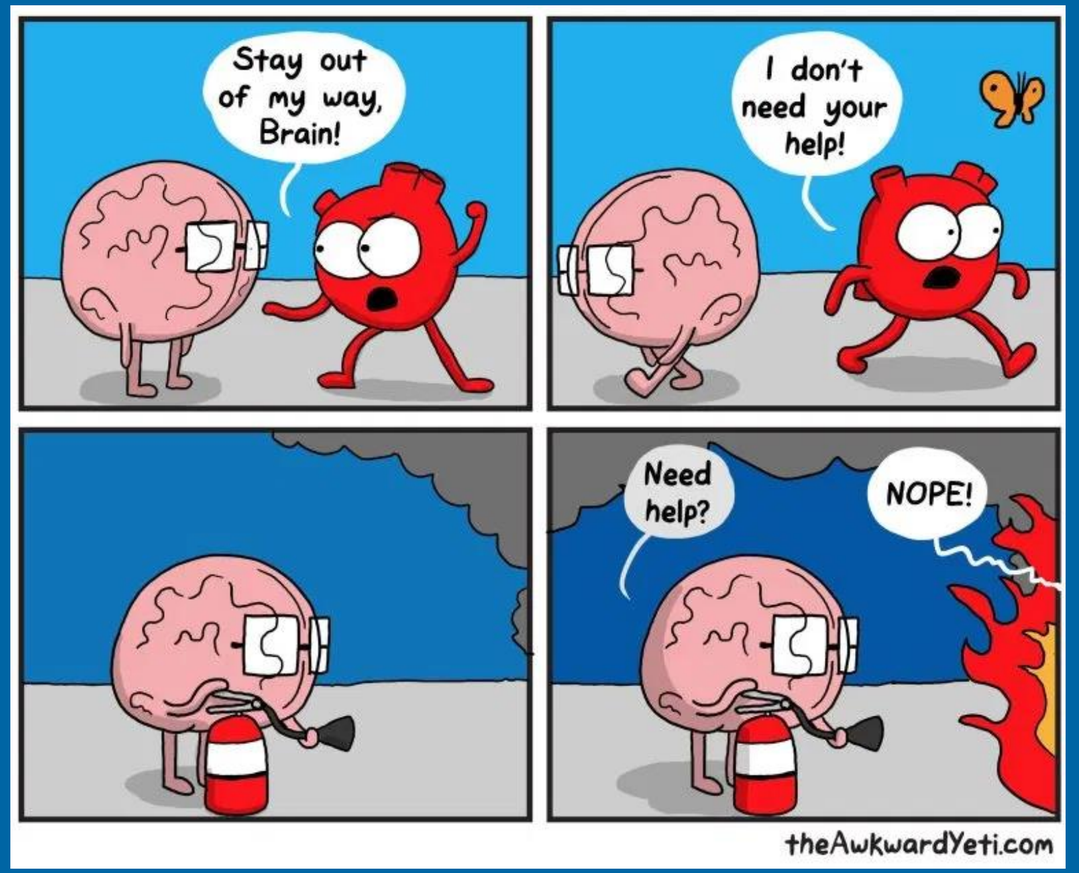
Crisis Survival Skills

How do I know I'm in crisis??

- Highly stressful!
- Short term (won't last)
- Feel pressure to resolve this crisis RIGHT NOW!



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Use these skills when...

1. *You have intense pain that cannot be helped quickly*
2. *You want to act on your emotions, but it will only make things worse*
3. *Emotion mind threatens to overwhelm you, and you need to stay skillful*
4. *You are overwhelmed, yet demands must be met*
5. *Your arousal is extreme, but your problems can't be solved immediately*

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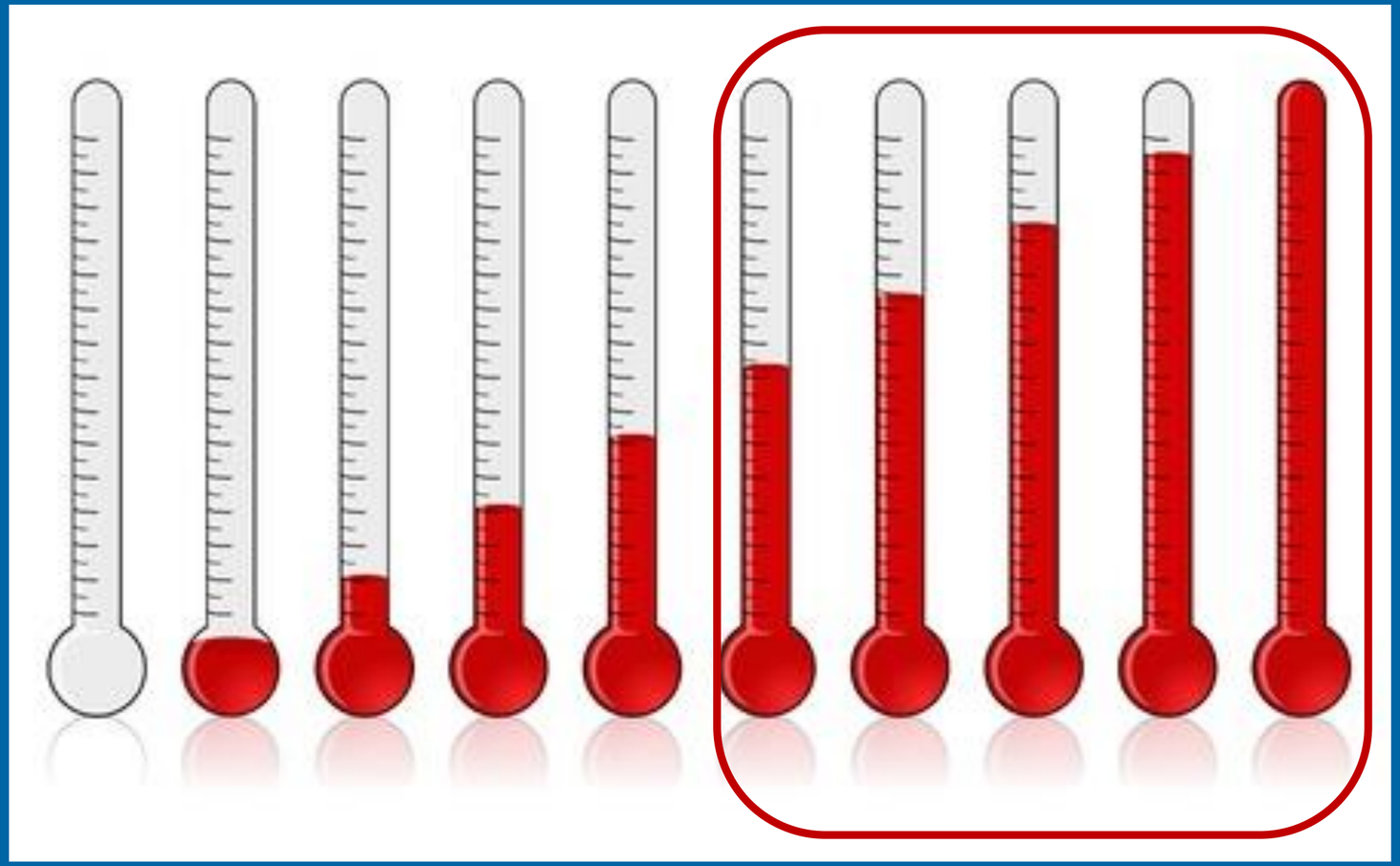
0 means we are practically sleeping...



100 means we are the most distressed we have ever been or could imagine being!

Our emotional thermometer can be seen as a scale from 0 to 100. You need crisis survival skills when a situation is intense, so around 65 or higher.

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Why do people do unhelpful things?

For Example:

- **Arguing with parents/friends**
- **Skipping class or playing hooky**
- **Avoiding homework, missing deadlines**
- **Substance Use**
- **Shoplifting**

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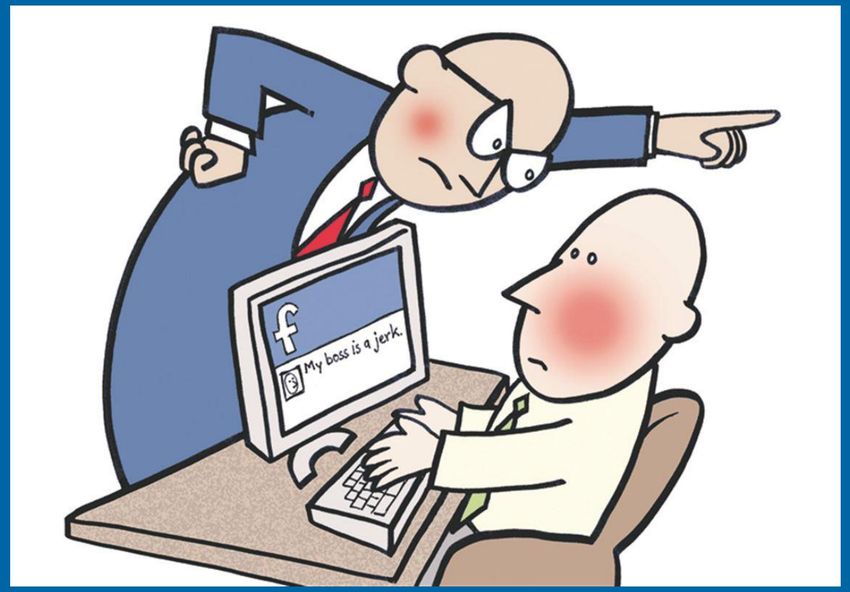
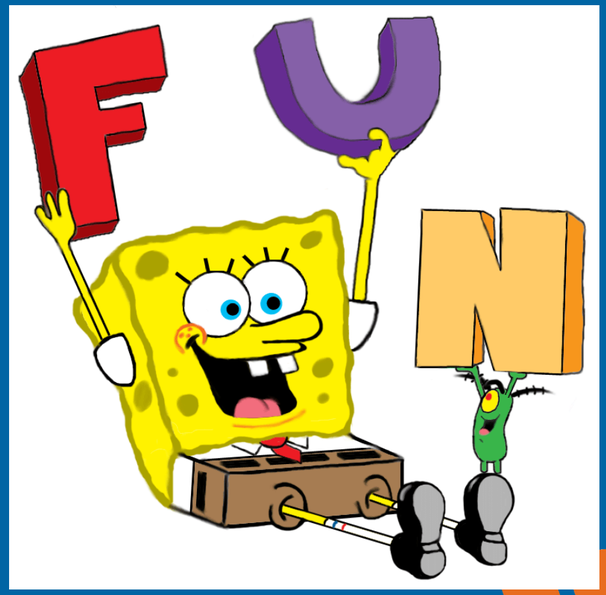
You weigh your options!

How much trouble will I get in VS How much fun will I have?





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When to use Pros & Cons

(1) when you're deciding between two courses of action
(2) when you're trying to resist a powerful urge to engage in an unhelpful behavior

EITHER write out your pros & cons in the moment INSTEAD,

Or for an ongoing behavior, refer to your pros and cons when you notice an urge!

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If you aren't getting SOMETHING out of your "unhelpful behaviors", you wouldn't have urges for them!

Dialectics help us acknowledge that there are reasons for (pro) and against (con) BOTH acting on our urges *and* not acting on our urges!

So how can a pro/con list honor all of these sides?

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	Pros	Cons
Acting on crisis urges	Pros of acting on impulsive urges: 1	Cons of acting on impulsive urges: 2
Resisting crisis urges	Pros of resisting impulsive urges: 4	Cons of resisting impulsive urges: 3

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Questions to ask yourself to come up with ideas for Pros and Cons:

What are short-term outcomes from this situation?
(one hour, one day, one week, one month from now)

What are my long-term goals with this situation?

Are the positive outcomes? What about the consequences?

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Questions to ask yourself to interpret your Pros and Cons:

Rate the positive outcomes and negative consequences on your own distress tolerance thermometer

Are there spots where a pro and a con cancel each other out?

Did you find yourself having to really dig for those pros and cons? What do your feelings, as you complete this, tell you?

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Things to consider:

Oftentimes, short term goals are more attractive and tempting than long term ones – this is built into your neurobiology!

However, our long term goals tend to be more **valuable** to us, and are often part of the reason we are learning Distress Tolerance!

For Example: *a Soccer player wants to go out with their friends from the team, but they haven't studied for a test the following morning. Going out and having fun with friends is obviously more tempting than studying, but potentially failing this test could have consequences for the class, which could impact being on the team too!*

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Engaging Wise Mind

Use Wise Mind to consider the validity of each pro and con

1) Are the consequences you included accurate? Or, could they be emotion-based predictions?

2) Check the facts about each point on your list for ACCURACY and HELPFULNESS

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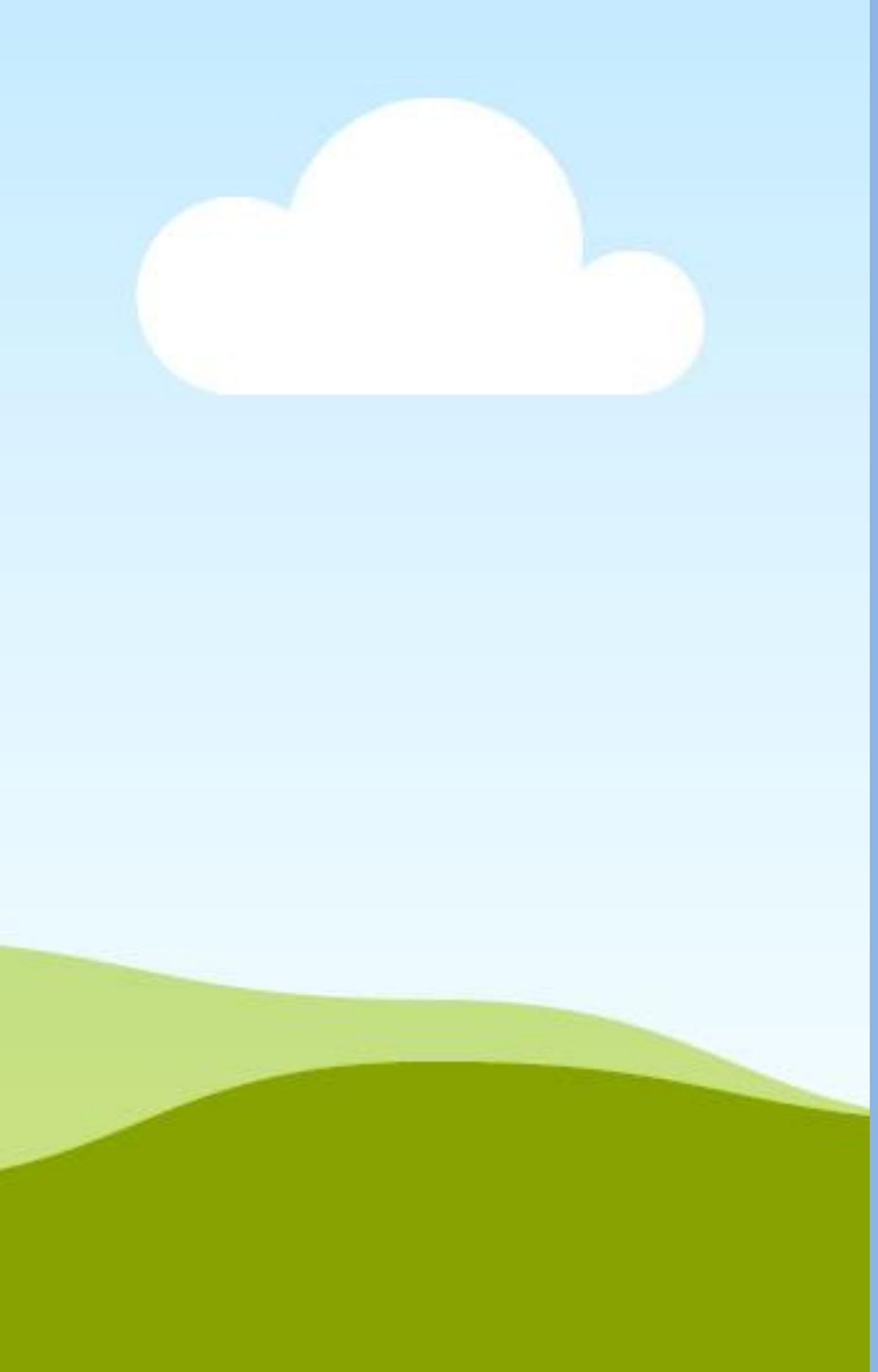

Using the Pro/Con Skill

BEFORE AN OVERWHELMING URGE HITS:

- Write out your pros and cons and carry them with you

  (notes on phone, in a phone case, in a wallet, etc)

WHEN AN OVERWHELMING URGE HITS:

- Review your pros and cons
- Imagine positive consequences of resisting the urge
- Imagine (and remember past) negative consequences of giving in to the urge

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	Pros	Cons
Acting on crisis urges	Pros of using drugs 1. Fitting in (ST) 2. It's the only way to have fun (ST) 3. Decreased anxiety (ST)	Cons of using drugs 1. Getting sick (hangover, ER) (ST) 2. Getting in trouble (parents, law, school) (LT) 3. Drug and alcohol treatment (LT) 4. Acting foolishly (ST) 5. Acting against values (LT) 6. Losing trust of parents (LT) 7. Losing nonusing friends (LT) 8. Spending lots of money (ST, LT)
Resisting crisis urges	Pros of not using drugs 1. Self-respect (LT) 2. Maintaining trust (LT) 3. Being responsible 4. No consequences from parents (LT) 5. No worry of getting caught (LT) 6. Role modeling to younger siblings (LT) 7. Saving money (LT, ST) 8. Being able to study for tomorrow's test (ST)	Cons of not using drugs 1. Being boring (ST) 2. Others might have negative judgments (ST) 3. Guilty by association anyway (ST) 4. Friends might reject me or tease me (ST, LT)

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	Pros	Cons
Acting on crisis urges	Pros of posting pictures 1. I get more attention, "likes" (ST) 2. It's fun (ST) 3. I feel good about myself (ST) 4. More people talk to me and want to hang out with me (ST) 5. Only my friends will see the pictures, and I trust their feedback	Cons of posting pictures 1. People might say mean things, call me names (ST) 2. Getting in trouble (parents, school) (LT) 3. Looking foolish (ST) 4. Losing trust of parents (LT) 5. Losing friends (LT) 6. People might try to use me (ST, LT) 7. Feeling worse about myself (LT) 8. I can't control who sees the pictures (ST, LT)
Resisting crisis urges	Pros of not posting pictures 1. Self-respect (LT) 2. Maintaining trust (LT) 3. Being responsible 4. No consequences from parents (LT) 5. No worry of getting caught (LT) 6. Role modeling to younger siblings (LT) 7. I won't have to wonder if someone is being my friend just because of my pictures (LT)	Cons of not posting pictures 1. My friends don't say nice things about me (ST) 2. Feeling alone (ST)

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At Home Practice:

1. Identify a behavior that you do often that you'd like to change
2. Complete a pro and con chart around this behavior! (Don't forget to identify the short term and long-term goals/consequences!)
3. Go through your week and when you find yourself wanting to "do the thing", pull out that pro/con chart
4. See if it helps you with your decision to "do the thing" or not

Bro, do you even track (your emotions)?

How are we doing with tracking your moods and the skills you use throughout the week?

This will give you a better idea of what your go to skills are and help remind you to practice other skills!

There are also lots of helpful apps!

Or create a notes page on your phone or in a journal!

Survival & Acceptance

MON	TUE	WED	THUR	FRI	SAT	SUN	23. STOP (Stop, Take a step back, Observe, Proceed mindfully)
MON	TUE	WED	THUR	FRI	SAT	SUN	24. TIP (Temperature, ice or heat/Intense exercise/Progressive relax)
MON	TUE	WED	THUR	FRI	SAT	SUN	25. Pros and Cons
MON	TUE	WED	THUR	FRI	SAT	SUN	26. Distract / Self-soothe / Improve the moment
MON	TUE	WED	THUR	FRI	SAT	SUN	27. Radical Acceptance
MON	TUE	WED	THUR	FRI	SAT	SUN	28. Willingness
MON	TUE	WED	THUR	FRI	SAT	SUN	29. Mindfulness of current thoughts
MON	TUE	WED	THUR	FRI	SAT	SUN	30. Half-smiling
MON	TUE	WED	THUR	FRI	SAT	SUN	31. Willing hands

Questions?
Comments?

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thank you

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