Welcome

Toolbox: Webisode Eight

Distress Tolerance: Reality Acceptance Skills
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.
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Text HOME to 741741
DELANEY KNOTTNERUS
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The Materials

- *DBT Skills in Schools*
  - Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)
  - Authors: James J. Mazza, Elizabeth T. Dexter-Mazza, Alec L. Miller, Jill H. Rathus, and Heather E. Murphy
  - Foreword by Marsha M. Linehan

- *DBT Skills Training Manual*
  - Second Edition
  - Author: Marsha M. Linehan
Today's Agenda

- Mindfulness
- Review Distress Tolerance
- Radical Acceptance
- At Home Practice
- Q&A

Week 8 of 16 Week Series
June 3rd 2021
Your Toolbox:

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

**Distress Tolerance**
- ACCEPTS
- TIPP
- Self-Soothe
- IMPROVE
- Pros & Cons
- Radical Acceptance

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[Yes Youth Eastside Services Logo]
Mindfulness
Let's Practice
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
Reality Acceptance Skills

Meant for Long Term things that CANNOT be solved (only tolerated):

• Can't change the past (it's over...)
• Can't change the future (it's not here yet!)
• Accepting the world and yourself as it is...
Reality

...is "what is". Everything is caused, and pain is inevitable in our lives. Cause and effect are rules of the universe; **Everything should be as it is**, because everything is caused. If we want to change an effect, we have to change the cause. We have to accept what we cannot change in this moment.

**Suffering = Pain + Nonacceptance**
Examples: Pick one (or create your own!) and keep it in mind throughout this Webinar

1) Your GPA falls below 2.0 and now you cannot play in the next game

2) Your Ex is now dating someone else

3) Your vacation was canceled due to COVID precautions

4) You did not get the job you were excited about

5) You can't afford to pay off your bills this month
Choices We Can Make

1. Figure out how to solve the problem
2. Change how you feel about the problem
3. Accept it
4. Stay miserable – or make things worse (by acting on your impulsive urges)
Why Bother Accepting Reality?

• Rejecting reality does not change reality
• Changing reality requires first accepting reality
• Rejecting reality turns pain into suffering
• Refusing to accept reality can keep you stuck in unhappiness, anger, shame, sadness, bitterness, or other painful emotions
RADICAL:
Complete and total accepting in the mind, heart, and body

ACCEPTANCE:
Seeing reality for what it is, even if you don't like it.

You lost today, kid...

...but that doesn't mean you have to like it.
Radical Acceptance: Step by Step

1. Observe: are you questioning or fighting reality?
   • "It shouldn't be this way"

2. Remind yourself that the unpleasant reality is just as it is and cannot be changed
   • "This is what happened"

3. Reminder yourself there are causes to reality. Acknowledge the history. Notice the causes.
   • "This is how things happened that made them this way"
Radical Acceptance: Step by Step

4. Practice accepting the whole self (mind, body, and spirit). Use accepting self-talk, relaxation, mindfulness, going to a place that brings acceptance.

5. Practice opposite action. List the behaviors that you would do if you did accept the facts. Do those behaviors.

6. Cope ahead with events that seem unacceptable. Imagine what you might have a hard time accepting. Rehearse what you would do if you accepted what seems unacceptable.
Radical Acceptance: Step by Step

7. Attend to your body sensations as you think about what you need to accept.

8. Allow disappointment, sadness, or grief to arise within you.

9. Acknowledge that life can be worth living, even when there's pain.

10. Do pros and cons if you find yourself resisting practicing acceptance.
An Example! Delaney's Car

1. Observe: "My car shouldn't have been stolen..."
2. Remind myself: "This sucks but I can't change what happened..."
3. Causes for reality: "I drive a car that is easy to break into..."
4. Practiced mindfulness: Walked into my supervisor's office
5. Opposite Action: Went to the police station, filed a report of stolen vehicle
6. Cope Ahead: Figuring out how to buy a new car... financial considerations...
7. What is happening in my body?
8. Allowed myself to be upset
9. Acknowledged that this sucked AND it would be okay
10. Pros and Cons of accepting my car being stolen...
At Home Practice:

1. Identify two *very important* things in your life right now that you need to radically accept. Then rate how much you accept this part of yourself or your life.
   - 0 = No acceptance (I am in complete denial)
   - 5 = Complete acceptance (I am at peace with this; it doesn't bother me anymore)

2. Identify two *less important* things in your life you are having trouble accepting this week. Rate those.
At Home Practice:

• Refine your list:
  • Check the facts – is this my interpretation and/or opinions?
  • Check for judgements – avoid "good" "bad" and judgmental language
  • Rewrite list (if necessary) – to be factual and nonjudgmental
  • Practice! Choose one item from the very important and less important list to practice on.
At Home Practice:

- Observed that I was questioning/fighting reality.
- Considered the causes of the reality, and non-judgmentally accepted that causes exist.
- Reminded myself that reality is what it is
- Practiced accepting all the way with my whole spirit (mind, body, spirit).
- Practiced "Opposite Action"
- Did "Pros and Cons" of acceptance versus denial and rejection.
- Imagined coping with problems that could arise if I accepted. "Coping Ahead"
- Attended to my body sensations as I thought about what I need to accept.
- Noticed that life can be worth living even with pain in my life.
- Allowed myself to experience disappointment, sadness, or grief.
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!
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<tbody>
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<td>23. STOP</td>
<td>(Stop, Take a step back, Observe, Proceed mindfully)</td>
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<td>24. TIP</td>
<td>(Temperature, ice or heat/Intense exercise/Progressive relax)</td>
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<td>25. Pros and Cons</td>
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<td>26. Distract / Self-soothe / Improve the moment</td>
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<td>27. Radical Acceptance</td>
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<td>31. Willing hands</td>
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