Welcome

Toolbox: Webisode Eight

Distress Tolerance: Reality Acceptance Skills

YES
YOUTH EASTSIDE SERVICES

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

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

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

YES
YOUTH EASTSIDE SERVICES

DELANEY KNOTTNERUS

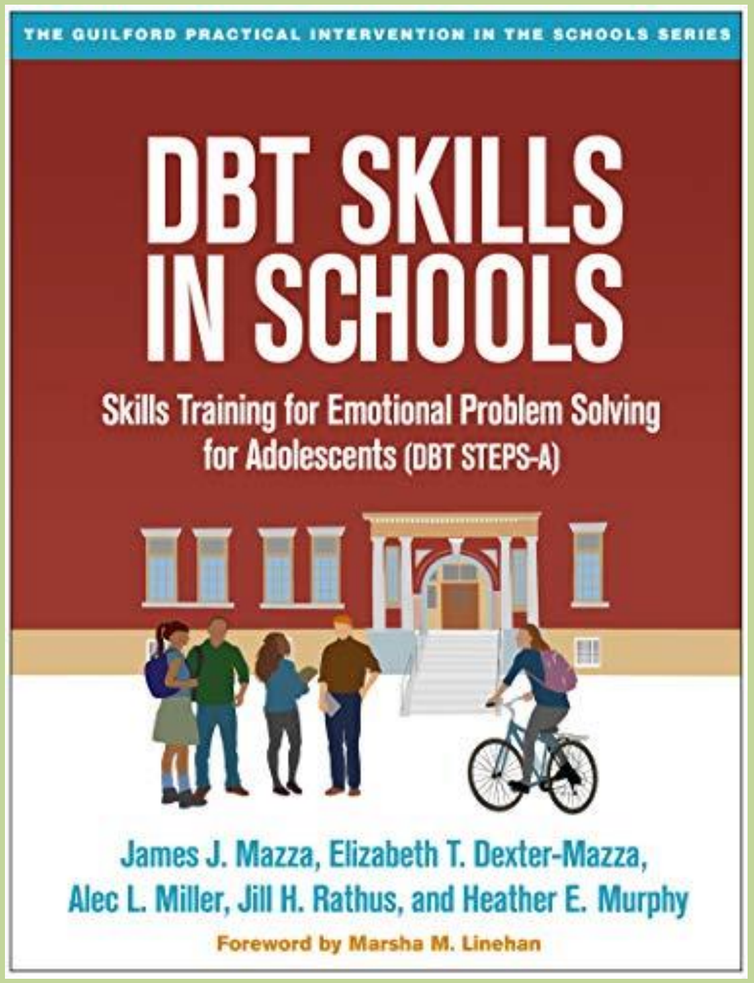
School Based Behavioral
Health Coordinator
LSWAIC, SUDP, MHP

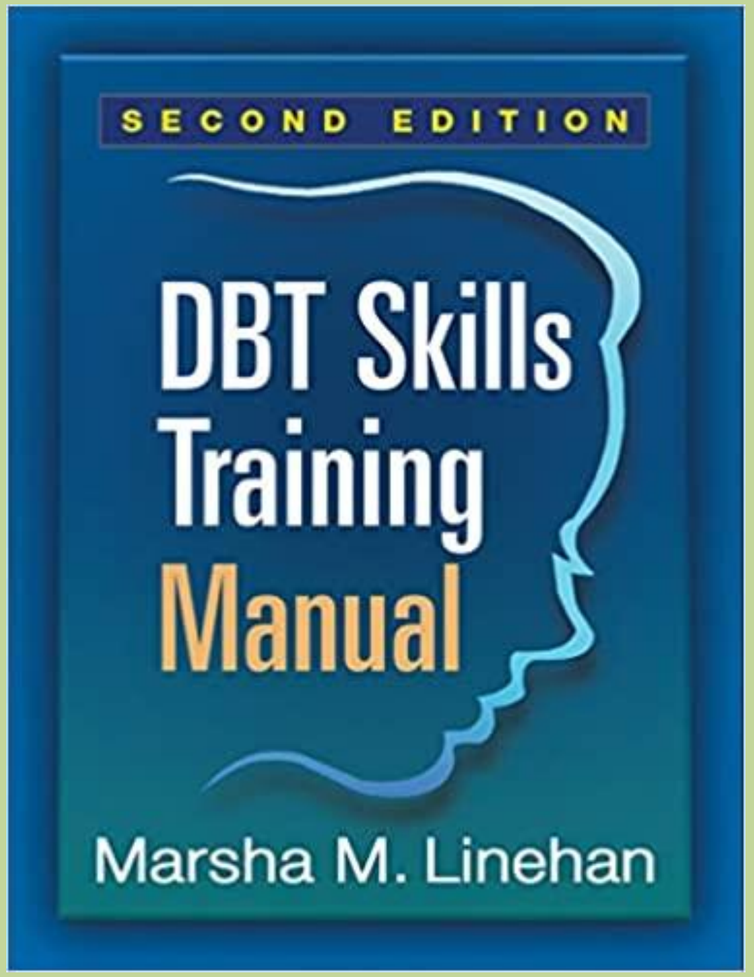
CAILYN GRIFFITH

Behavioral Health Support
Specialist
LMHCA, SUDPT, MHP

YES
YOUTH EASTSIDE SERVICES

The Materials



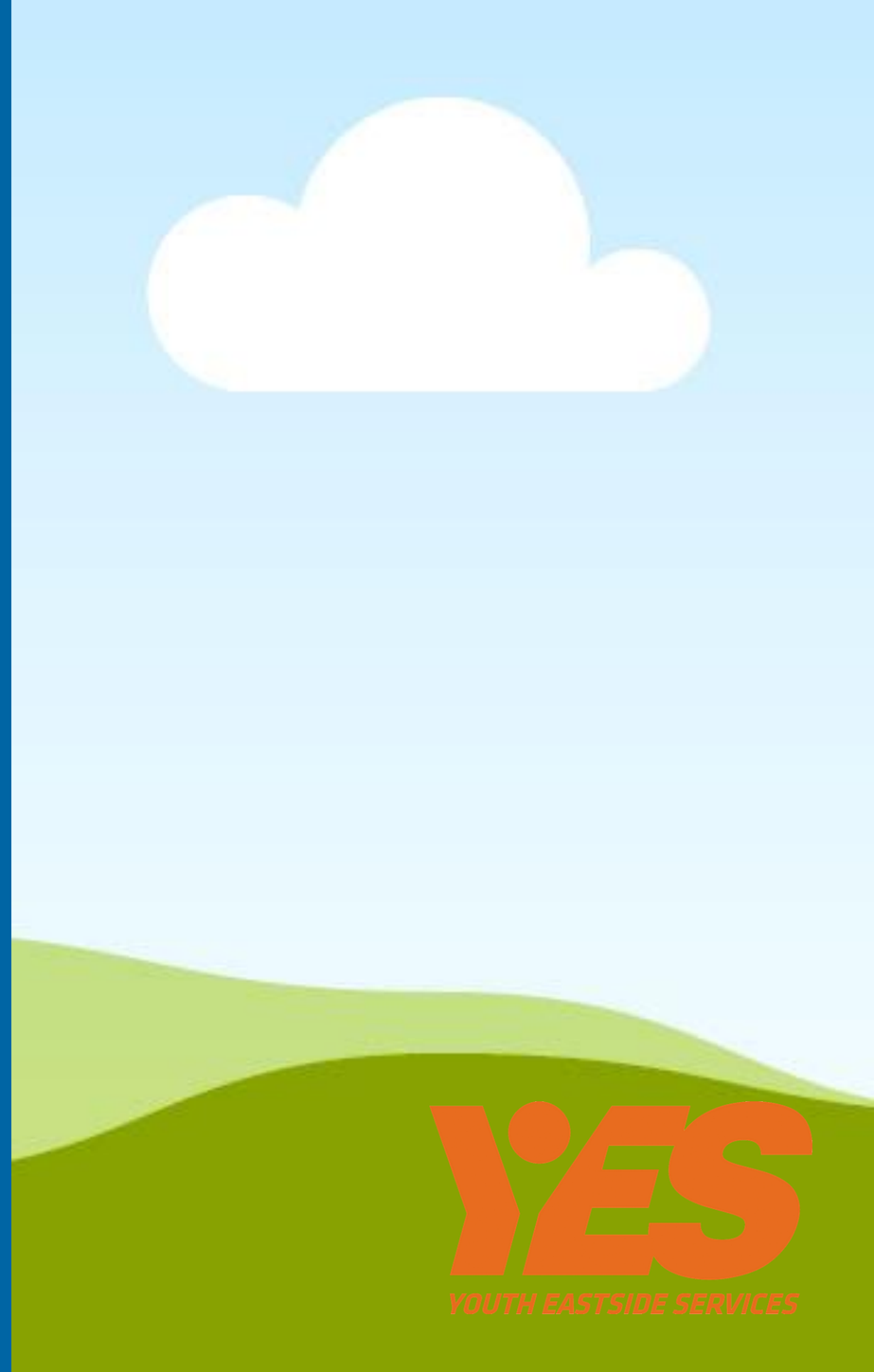


YES
YOUTH EASTSIDE SERVICES

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**

YOUTH EASTSIDE SERVICES

Mindfulness

Let's Practice

YOUTH EASTSIDE SERVICES

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

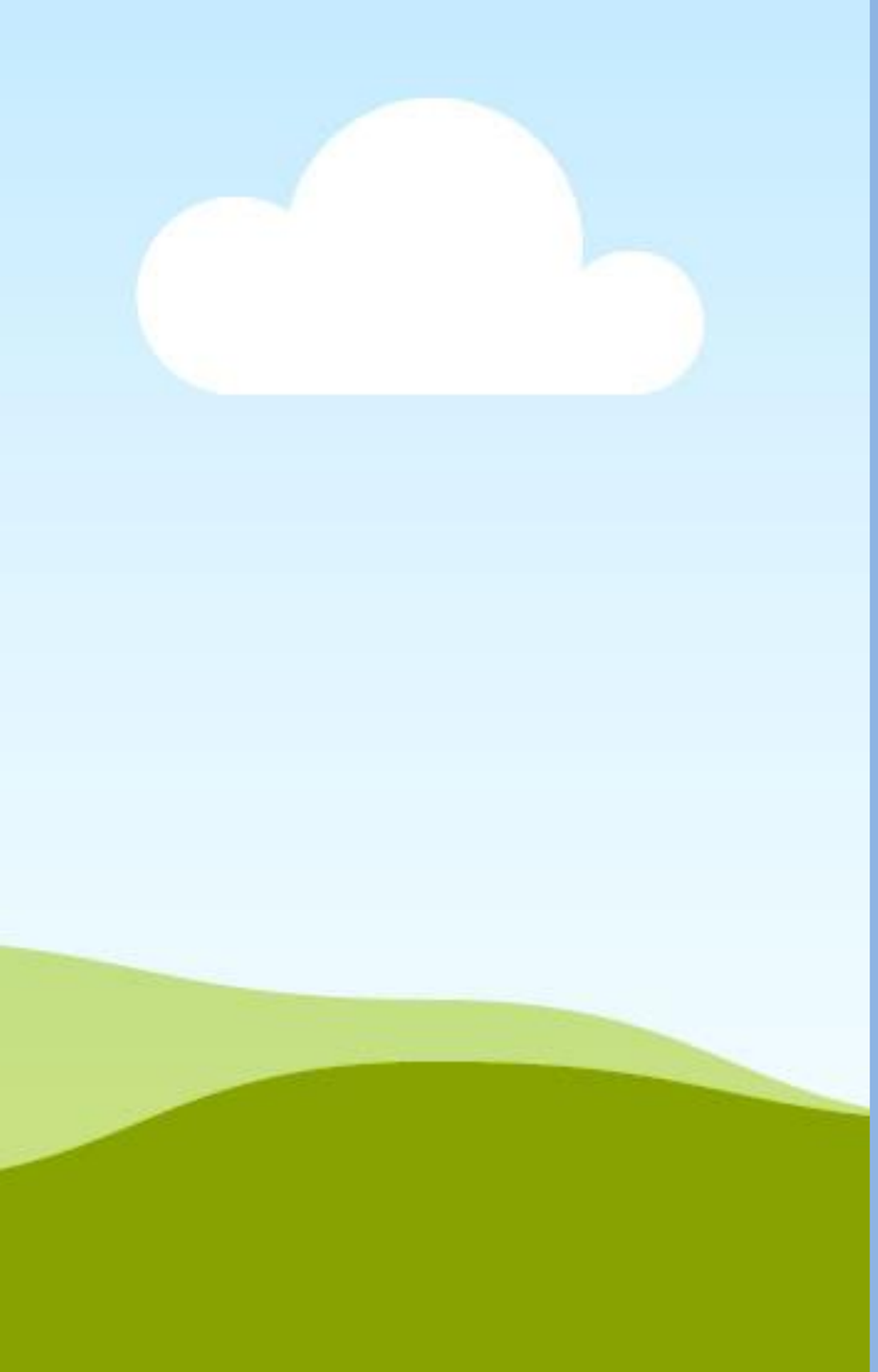
YOUTH EASTSIDE SERVICES

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...

YES
YOUTH EASTSIDE SERVICES



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

YOUTH EASTSIDE SERVICES

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

YES
YOUTH EASTSIDE SERVICES

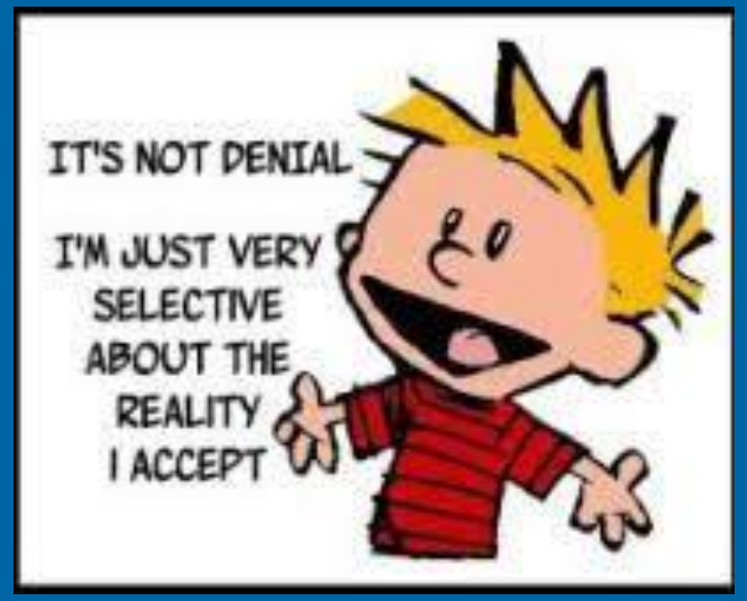
Choices We Can Make

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)*

YES
YOUTH EASTSIDE SERVICES

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*



YES
YOUTH EASTSIDE SERVICES

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.

YES
YOUTH EASTSIDE SERVICES

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"

YES
YOUTH EASTSIDE SERVICES

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.

YOUTH EASTSIDE SERVICES

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.

YOUTH EASTSIDE SERVICES

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...

YES
YOUTH EASTSIDE SERVICES

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!

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?

YES
YOUTH EASTSIDE SERVICES

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

YouthEastsideServices

youth_eastside_services

Youth Eastside Services

Youth Eastside Services

YES
YOUTH EASTSIDE SERVICES

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

YES
YOUTH EASTSIDE SERVICES

thank you

YES
YOUTH EASTSIDE SERVICES