

DISTRESS TOLERANCE HANDOUT 9



(Distress Tolerance Worksheets 7, 7a, 7b)

Improving the Moment

A way to remember these skills is the word **IMPROVE**.

With Imagery:

- ☐ Imagine very relaxing scenes.
- ☐ Imagine a secret room within yourself. Furnish it the way you like. Close and lock the door on anything that can hurt you.
- ☐ Imagine everything going well.
- ☐ Make up a calming fantasy world.
- ☐ Imagine hurtful emotions draining out of you like water out of a pipe.
- ☐ Remember a happy time and imagine yourself in it again: play out the time in your mind again.
- ☐ Other: _____

With Meaning:

- ☐ Find purpose or meaning in a painful situation.
- ☐ Focus on whatever positive aspects of a painful situation you can find.
- ☐ Repeat these positive aspects in your mind.
- ☐ Remember, listen to, or read about spiritual values.
- ☐ Other: _____

With Prayer:

- ☐ Open your heart to a supreme being, God, or your own Wise Mind.
- ☐ Ask for strength to bear the pain.
- ☐ Turn things over to God or a higher being.
- ☐ Other: _____

With Relaxing actions:

- ☐ Take a hot bath or sit in a hot tub.
- ☐ Drink hot milk.
- ☐ Massage your neck and scalp.
- ☐ Practice yoga or other stretching.
- ☐ Breathe deeply.
- ☐ Change your facial expression.
- ☐ Other: _____

With One thing in the moment:

- ☐ Focus your entire attention on just what you are doing.
- ☐ Keep yourself in the moment.
- ☐ Put your mind in the present.
- ☐ Focus your entire attention on the physical.
- ☐ Listen to a sensory awareness recording (or use Distress Tolerance Handout 9a)
- ☐ Other: _____

With a brief Vacation:

- ☐ Give yourself a brief vacation.
- ☐ Get in bed; pull the covers up over your head.
- ☐ Go to the beach or the woods for the day.
- ☐ Get a magazine and read it with chocolates.
- ☐ Turn off your phone for a day.
- ☐ Take a blanket to the park and sit on it for a whole afternoon.
- ☐ Take a 1-hour breather from hard work.
- ☐ Take a brief vacation from responsibility.
- ☐ Other: _____

With self-Encouragement and rethinking the situation:

- ☐ Cheerlead yourself: "You go, girl!" "You da man!"
- ☐ "I will make it out of this."
- ☐ "I'm doing the best I can."
- ☐ Repeat over and over: "I can stand it."
- ☐ "This too shall pass."
- ☐ "I will be OK."
- ☐ "It won't last forever."
- ☐ Other: _____

List (and then practice) rethoughts that are particularly important in your crisis situations (e.g., "The fact that he did not pick me up doesn't mean he doesn't love me"):

- ☐ _____
- ☐ _____

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