EXAMPLE

DISTRESS TOLERA Escape Urge: bashing Out Distressing Emotion: Anger CONS (Disadvantages) PROS (Benefits) (5) I will not lose respect of others who's respect matters to me (4) I will not be risking a seeare Long position (4) I will not be making a bad (3) I won't get to let others know how Term situation worse stapid I think the belittler is (4) I will not say things in anger that I would regret. (3) After I calm down, I will have a To ehanes to look for effective solutions to my situation **Tolerate** Distress (4) I will feel relief that I didn't make (5) I will have to get through just things worse feeling the anger (3) I will not eause a segne (4) I will not get to release my anger (3) I will not be an embarrassment to (4) I won't feel the power of getting Short someone not directly involved (3) I will feel proud that I was able to (4) I won't get to defend myself while Term hold my tongue until my anger stronger with anger dgergasgd (5) It likely would make matters worse (5) I would speak before thinking. probably saying something I would regret later. Long (4) What I say is highly unlikely to be (3) I could let everyone around me know heard, or accepted by the person Term exactly what I think of the belittler I am saging it to (3) It could draw the attention of someone who might not have heard the slur (3) I would be reacting rather than problem Not To solving, not working towards finding a solution (2) It won't improve the situation Tolerate (5) I wouldn't have to figure out another way to eope with the emotion (5) Expressing the intensity of what I feel (5) After ealming down, I would feel Distress will lessen the emotional distress feeling embarrassed and ashamed for not some. having aeted in a more controlled (4) I could say whatever I want to say manner. because the emotion of anger gives Short (3) This would eause a segne me strength (3) By lashing out, I could let off steam (3) It eould embarrass others who are not Term (3) It would release some of my anger dirgetly involved (3) It would help me stop shaking with rage (3) I would have the satisfaction of getting gogn

TO TOLERATE RATING: 66

Long Term Consequences 42

Short Term Consequences 24
Skills To Use

49 NOT TO TOLERATE RATING

6 Long Term Consequences

43 Short Term Consequences

*IMPORTANT NOTE BEFORE PROCEEDING

The number of pages and number of steps used to illustrate the process of filling out the worksheets in this assignment might *appear* overwhelming - but it only looks that way. There are actually only these 3 worksheets involved in the entire procedure. It looks like a lot more because of the added images used to explain each tiny step in great detail.

This has also been broken down into parts. Please take a break between each part. It may even be helpful for some to only complete one part each day.

hich Distressing Emotion did this trigger? istressing Emotion:	What Crizis/Problematic Behavior Urge was triggered Escape Urge:
PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
u may list, make notes, or journal to weigh the	ne value of each. Why is it that important, why isn'

TOLERATING DISTRESS WORKSHEET (#1)

WORKSHEET (#3)

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NOT TOLERATING DISTRESS WORKSHEET (#2)

CHOSING TO DO THE PROBLEM BEHAVIOR
Distressing Event:

hish Distressing Emotion did this trigger? Nistressing Emotion:		What Crisis/Problematic Behavior Urge was trigge Escape Urge:	med
_	PROS (Benefitt/Advantages)	CONS (Costs/Disadvantages)	+
\vdash			+
			†
			I
			+
			+
			\dagger
			I
			4
			+
\vdash			+
may ddar	list, make notes, or journal to weigh t	he value of each. Why is it that important, why i	ism"t

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DISTRESS TOLERANCE			
Distre	PROS (Benefite)	Escape Urge: CONS (Disadvantages)	
Long Term To Tolerate			
Distress			
Diau 699			
Short Term			
Long Term Not To			
Tolerate			
Distress			
Short Term			
	LERATE RATING:	NOT TO TOLERATE RATING	
	ong Term Consequences	_ Long Term Consequences Short Term Consequences	

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DISTRESS TOLERANCE 4 SQUARE PRO/CON PART ONE

Distressing Situation - example 1:

• I have to deal with a belittling boss.

This would be a case of a problem that I am unable to fix (right now). Especially - since I have a family with needs that I am required to meet, and I don't have prospects of a replacement job (right now). I would have the stressors - (another person's/social expectations), that attempt to motivate me to an action, but that I cannot do anything about. If I am doing my best and am still met with belittling, this is likely to cause me some degree of distress. Often times, when a person is put down by another - it is not because of something they did or didn't do - but that is how I, by ineffectively reacting to my distress, might interpret it (as all my fault). When this is the case, there is no way I can change anything to try to meet with their approval.

According to previous conditioning, I can predict how I – as an individual, will react to avoid the feeling of distress I could expect if the boss were to come up to me and say - "Are you really that stupid - can't you do anything right?"

- STEP 1. On my "Tolerating Distress" worksheet I will fill in the distressing emotion this situation triggered.
- STEP 2. I will fill in the Crisis Behavior Urge this distressing emotion created.
- STEP 3. I will try to think of all the different possible repercussions that might occur for either *deciding to tolerate the distress* this situation caused or *deciding not to tolerate* it (by following through with my urge).

See Worksheet #1

TOLERATING DISTRESS

Distressing Emotion: <u>Anger</u>	Escape Urge: <u>Lash Out In Defense</u>
PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
I will not cause a scene in my place of employment	I will not get to release my anger
I will not lose respect of higher-level supervisors	I will have to get through just feeling the anger
I will not be risking my job over it	I won't feel the power of getting even
I will not be making a bad situation worse	I won't get to let others know how stupid I think my boss is
I will not be an embarrassment to my family	I won't get to defend myself while stronger with anger
I will not say things in anger that I would regret.	
I will feel relief that I didn't make things worse	
I will feel proud that I was able to hold my tongue	
until my anger decreased	
After I calm down, I will have a chance to look for	
effective solutions to my situation	

STEP 4. After I have filled out this list as *fully as possible*, I will go back through to *check if some of these PRO/CONs are situation specific*. If they are, I will *reword those to be generic - to fit just the emotion and the urge*.

See Worksheet #1A

TOLERATING DISTRESS

Distressing Emotion: <u>Anger</u> [Escape Urge: <u>Lash Out In Defense</u>
PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
I will not cause a scene in my place of employment	I will not get to release my anger
Will not lose respect of higher-level supervisors others who's respect matters to me	I will have to get through just feeling the anger
I will not be risking my job over it a secure position	I won't feel the power of getting even
I will not be making a bad situation worse	I won't get to let others know how stupid I think my boss is the belittler is
I will not be an embarrassment to my family someone	I won't get to defend myself while stronger with
not directly involved	anger
I will not say things in anger that I would regret.	
I will feel relief that I didn't make things worse	
I will feel proud that I was able to hold my tongue	
until my anger decreased	
After I calm down, I will have a chance to look for	
effective solutions to my situation	

Distressing Situation – example 2:

My mother is frequently belittling to me.

This would be a case of a problem that I am unable to fix (right now) - unless I am ready and willing to give up on my relationship with her to protect myself from the belittling. I would have the stressors - (another person's/social expectations), that attempt to motivate me to an action, but that I cannot do anything about. If I am doing my best and am still met with belittling, this is likely to cause me some degree of distress. Often times when a person is put down by another - it is not because of something they did or didn't do - but that is how that I, by ineffectively reacting to my distress, might interpret it (as all my fault). When this is the case, there is no way I can change anything to try to meet with their approval.

According to previous conditioning, I can predict how I – as an individual, will react to avoid the feeling of distress I could expect if my mother said to me the first time she met my new date - "What are they doing with you? Couldn't they do any better?"

TOLERATING DISTRESS

Distressing Emotion: <u>Anger</u>	Escape Urge: <u>Lash Out In Defense</u>
PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
I will not cause a scene in front of my date	I will not get to release my anger
Will not lose the respect of my date	I will have to get through just feeling the anger
I will not be making a bad situation worse	I won't feel the power of getting even
I will not be an embarrassment to my date	I won't get to let them know how stupid I think my mother is
I will not say things in anger that I would regret.	I won't get to defend myself while stronger with anger
I will feel relief that I didn't make things worse	
I will feel proud that I was able to hold my tongue	
until my anger decreased	
After I calm down, I will have a chance to look for	
effective solutions to my situation	

In most similar situations - the details, players, circumstances, and triggering words can be vastly different, but the *Distressing Emotion and Escape Urge remains the same*. That is why it is important to list your Pro/Cons in a generic form, so it can be applied to similar scenarios.

STEP 5. When I have listed all of the Pros and Cons that I can think of, I will turn this list over or put it away for now. Then I will take a break and do something else for a few minutes before I continue to the next list.

CONTINUE WITH SECOND PRO/CON LIST

See Worksheet #2

After my break, without looking at my first list.

- STEP 6. On my "Not Tolerating Distress" worksheet I will fill in the distressing emotion this situation triggered.
- STEP 7. I will fill in the Crisis Behavior Urge that I would do if I chose to not tolerate the behavior.
- STEP 8. I will try to think of *all the different possible repercussions* that might occur for either deciding *not to tolerate the distress* (by giving into my crisis behavior urge) or deciding *not to not tolerate my distress*. (by *not* following through with my urge).

(If I feel comfortable filling this one out in a generic list, I will do so. If I think it would be more helpful to fill it out specific to the scenario 1 situation, I will do that - then go back to generalize it, doing both steps.)

*Yes there are some double negatives here - Two negatives in speech make a positive.

NOT TOLERATING DISTRESS

CHOSING TO DO THE PROBLEM BEHAVIOR

ive Into Urge: _And Lash Out
CONS (Costs/Disadvantages)
This would cause a scene
It could draw the attention of someone who might not have heard the slur
I would speak before thinking, probably saying something I would regret later.
What I say is highly unlikely to be heard, or accepted by the person I am saying it to
It won't improve the situation
It likely would make matters worse
It could embarrass others who are not directly involved
I would be reacting rather than problem solving, not working towards finding a solution
After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner.

STEP 9. I WILL COMPARE MY TWO LISTS

Notice how filling the PRO/CONs list from *both perspectives* (the 4 square) looks different? Some of the predicted possible outcomes are exactly the same, but others have been reworded - possibly giving more clarification. Some additional points are easier to see depending on how the question is asked - so some new considerations may be added.

PART TWO

RANK LISTED OPTIONS

STEP 1. On my "*Tolerating Distress*" worksheet - I will *carefully weigh each of my answers* in my *Pros column.* I will consider each of them; *how important each one of these is to me.* On a scale of 1-5 with 5 being *the most helpful* of the *pros*, I will rate the *importance value* of each.

Not Really Important	Somewhat Important	o Very Important
Not Too Important	Important	• •

TOLERATING DISTRESS

Distressing Emotion: <u>Anger</u>	Escape Urge: <u>Lash Out In Defense</u>
PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
I will not cause a scene	I will not get to release my anger
I will not lose respect of others who's respect matters to me	I will have to get through just feeling the anger
I will not be risking a secure position	I won't feel the power of getting even
I will not be making a bad situation worse	I won't get to let others know how stupid I think the belittler is
I will not be an embarrassment to someone not directly involved	I won't get to defend myself while stronger with anger
I will not say things in anger that I would regret.	
I will feel relief that I didn't make things worse	
I will feel proud that I was able to hold my tongue until my anger decreased	
After I calm down, I will have a chance to look for effective solutions to my situation	
I may need to list, make notes, or journal to weigh isn't it?	the value of each. Why is it that important, why
Consideration Notes:	

STEP 2. On my "Tolerating Distress" worksheet I will carefully weigh each of my answers in my Cons column. I will consider for each of them; how important each one of these is to me. On a scale of 1-5 with 5 being the most damaging (the hardest to tolerate) of the Cons, I will rate the importance value of each. Not Really Important Somewhat Important Very Important Not Too Important Important TOLERATING DISTRESS Distressing Emotion: Anger Escape Urge: Lash Out In Defense CONS (Costs/Disadvantages) **PROS** (Benefits/Advantages) I will not cause a scene I will not get to release my anger I will not lose respect of others who's respect I will have to get through just feeling the anger matters to me I will not be risking a secure position I won't feel the power of getting even I won't get to let others know how stupid I I will not be making a bad situation worse think the belittler is I will not be an embarrassment to someone not I won't get to defend myself while stronger directly involved with anger I will not say things in anger that I would regret. I will feel relief that I didn't make things worse I will feel proud that I was able to hold my tongue until my anger decreased After I calm down, I will have a chance to look for effective solutions to my situation At this point, I will add the sums of both my Pro Column and my Con Column. The totals - when compared - should show me which behavior is best for me and in keeping with my values. 33 3+5+4+4+3+4+4+3+3 4+5+4+3+4+ 20 Consideration Notes:

STEP 3. On my "Not Tolerating Distress" worksheet I will carefully weigh each of my answers in my Pros column. I will consider for each of them; how important each one of these is to me. On a scale of 1-5 with 5 being the most helpful of the Pros, I will rate the importance value of each.

	Not	Really Important
2	Not	Too Important

3	Somewhat Important
	Important

	_		
Very	/ lm	porta	nt

NOT TOLERATING DISTRESS

CHOSING TO DO THE PROBLEM BEHAVIOR

Distressing Emotion: Anger ____ Give Into Urge: And Lash Out__

PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
By lashing out, I could let off steam	This would cause a scene
It would release some of my anger	It could draw the attention of someone who might not have heard the slur
It would help me stop shaking with rage	I would speak before thinking, probably saying something I would regret later.
I could say whatever I want to say because the emotion of anger gives me strength	What I say is highly unlikely to be heard, or accepted by the person I am saying it to
I would have the satisfaction of getting even	It won't improve the situation
I could let everyone around me know exactly what I think of the belittler	It likely would make matters worse
I wouldn't have to figure out another way to cope with the emotion	It could embarrass others who are not directly involved
Expressing the intensity of what I feel will lessen the emotional distress feeling some	I would be reacting rather than problem solving, not working towards finding a solution
	After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner.
Consideration Notes:	

STEP 4. On my "Not Tolerating Distress" worksheet I will carefully weigh each of my answers in my Cons column. I will consider for each of them; how important each one of these is to me. On a scale of 1-5 with 5 being the most damaging of the Cons, I will rate the importance value of each.

Not Really Important Not Too Important

3+3+3+4+3+3+5+5

Somewhat Important

Very Important

3+3+5+4+2+5+3+3+5

Important

NOT TOLERATING DISTRESS -

CHOSING TO DO THE PROBLEM BEHAVIOR

Distressing Emotion: <u>Anger</u> Give Into Urge: And Lash Out **PROS** (Benefits/Advantages) **CONS** (Costs/Disadvantages) By lashing out, I could let off steam This would cause a scene It could draw the attention of someone who It would release some of my anger might not have heard the slur I would speak before thinking, probably saying It would help me stop shaking with rage something I would regret later. I could say whatever I want to say because the What I say is highly unlikely to be heard, or emotion of anger gives me strength accepted by the person I am saying it to I would have the satisfaction of getting even It won't improve the situation I could let everyone around me know exactly It likely would make matters worse what I think of the belittler I wouldn't have to figure out another way to It could embarrass others who are not directly cope with the emotion involved Expressing the intensity of what I feel will lessen I would be reacting rather than problem solving, not working towards finding a solution the emotional distress feeling some After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner. At this point, I will add the sums of both my Pro Column and my Con Column. The totals - when compared, should show me which behavior is best for me and in keeping with my values. 29 33

STEP 5. I will then add my totals from my "Tolerating Distress" worksheet Pro list to my totals from my "Not Tolerating Distress List" Con list. Both of these are showing the value I place on the benefits of TOLERATING DISTRESS.

33 + 33 = 66

STEP 6. I will then add my totals from my "Not Tolerating Distress List" Pro list to my totals from my "Tolerating Distress List" Con list. Both of these are showing the value I place on the benefits of NOT TOLERATING DISTRESS. (Following through with urge)

29 + 20 =

These totals alone should show me how much more I value learning the skills to tolerate distress rather than act on my crisis behavior urge. If I am not convinced yet, the next part of the lesson will make it even clearer.

PART THREE

TRANSFER AND ORGANIZE

See Worksheet #3

For part 3, I will label my reminder sheet with the Distressing Emotion and Escape Urge Caused. Then I will transfer my Pro / Cons from my worksheets over to my reminder sheet. As I transfer each point I will list them according to value rating with the most important points first. Also I will list each point according to the time frame the results of my decisions will continue to affect me. Some repercussions are short lived, while others can affect me for a long time to come.

TOLERATING DISTRESS

Distress	sing Emotion: <u>Anger</u> I	Escape Urge: <u>Lash Out In Defense</u>
	PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
I will not cause a scene		I will not get to release my anger
I will not lose respect of others who's respect matters to me		I will have to get through just feeling the anger
I will not be risking a secure position		I won't feel the power of getting even
I will not be making a bad situation worse		I won't get to let others know how stupid I think the belittler is
I will not be an embarrassment to someone not directly involved		I won't get to defend myself while stronger with anger
I will not say things in anger that I would regret.		
I will feel relief that I didn't make things worse		
l will for	eel proud that I was able to hold my til my anger decreased	
After I calm down, I will have a chance to look for effective solutions to my situation		
DISTRESS TOLERANCE Distressing Emotion: Escape Urge: ESCAPE Urge: ONS (Disadvantages)		
Long Term_	1	
To Tolerate	·	
Distress		
Short Term_		
Long Term		
Not To		
Tolerate		
Distress		
Short Term_		

This will be my *completed production*. I will attempt to make this sheet as neat as possible, since I will be carrying this with me everywhere I go - as a reminder of my priorities - should I face this type of distressing situation in the future.

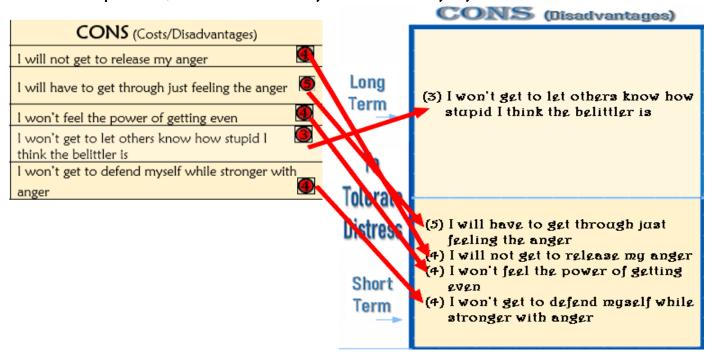
STEP 1. I will label my reminder sheet with the Distressing Emotion and Escape Urge Caused.

DISTRESS TOLERANCE Distressing Emotion: Anger Escape Urge: Leashing Out

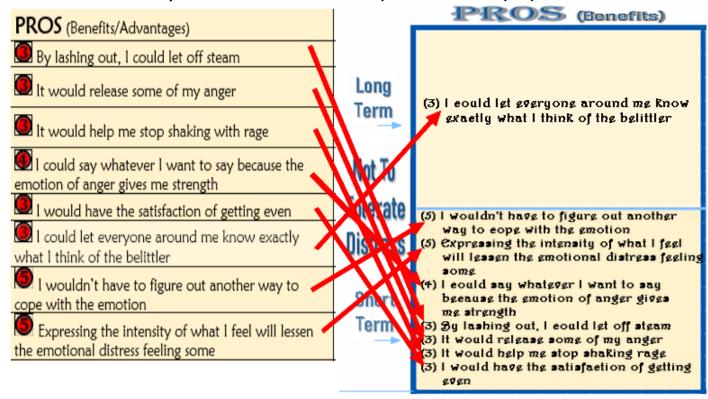
STEP 2. I will transfer the possible predicted results on my Pro list from my "Tolerating Distress" worksheet to the Pro list portion of my "Tolerating Distress" on my Reminder Sheet. I will list these in order of rated importance (most important first), and time frame likely to be affected by my choice.



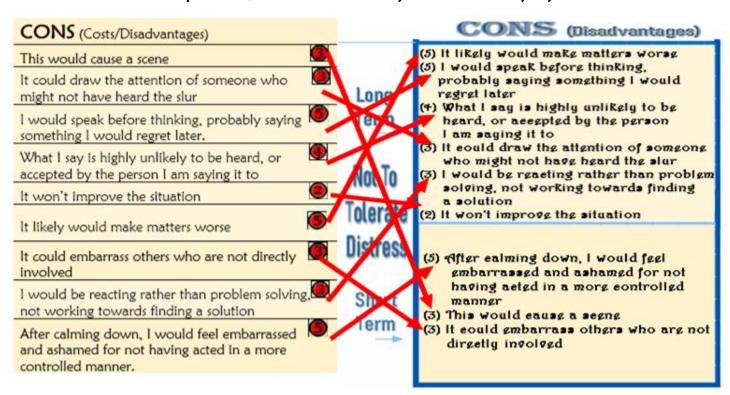
STEP 3. I will transfer the possible predicted results on my Con list from my "Tolerating Distress" worksheet to the Con list portion of my "Tolerating Distress" on my Reminder Sheet. I will list these in order of rated importance, and time frame likely to be affected by my choice.



STEP 4. I will transfer the possible predicted results on my Pro list from my "Not Tolerating Distress" worksheet to the Pro list portion of my "Not Tolerating Distress" on my Reminder Sheet. I will list these in order of rated importance, and time frame likely to be affected by my choice.



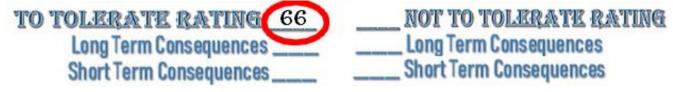
STEP 5. I will transfer the possible predicted results on my Con list from my "Not Tolerating Distress" worksheet to my Con list portion of my "Not Tolerating Distress" on my Reminder Sheet. I will list these in order of rated importance, and time frame likely to be affected by my choice.



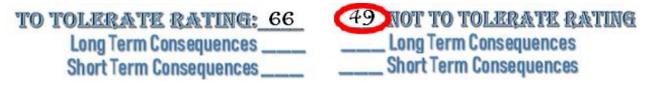
Part Four

TOTALS

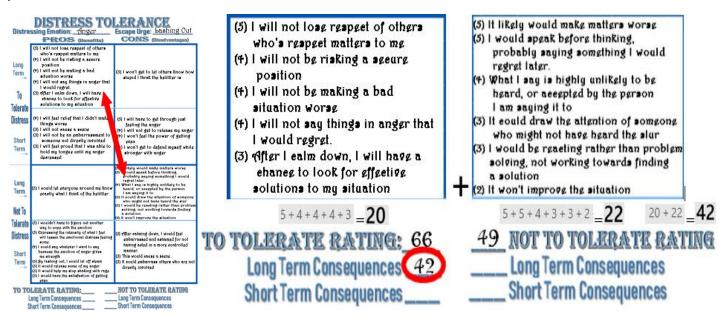
STEP 1. I will enter my added totals from my "Tolerating Distress List" <u>Pro list</u> to my totals from my "Not Tolerating Distress List" <u>Con list.</u> Both of these are showing the value I place on the <u>benefits of</u> TOLERATING DISTRESS.



STEP 2. I will enter my added totals from my "Not Tolerating Distress List" <u>Pro list</u> to my totals from my "Tolerating Distress List" <u>Con list.</u> Both of these are showing the value I place on the <u>benefits of NOT TOLERATING DISTRESS.</u> (Following through with urge)

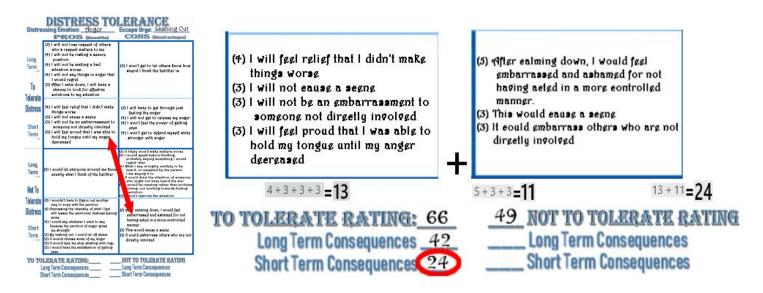


STEP 3. I will then add my totals from my "Tolerating Distress List" <u>Pro LONG-TERM</u> list to my totals from my "Not Tolerating Distress List" <u>Con LONG-TERM</u> list. Both of these are showing the value I place on the <u>benefits of TOLERATING DISTRESS.</u>

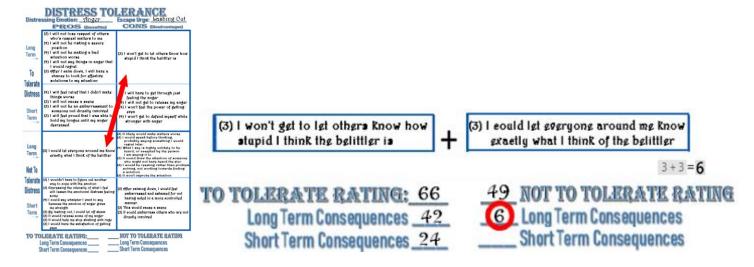


TOTALS (CONT.)

STEP 4. I will then add my totals from my "Tolerating Distress List" <u>Pro SHORT-TERM</u> list to my totals from my "Not Tolerating Distress List" <u>Con SHORT-TERM</u> list. Both of these are showing the value I place on the <u>benefits of TOLERATING DISTRESS</u>.

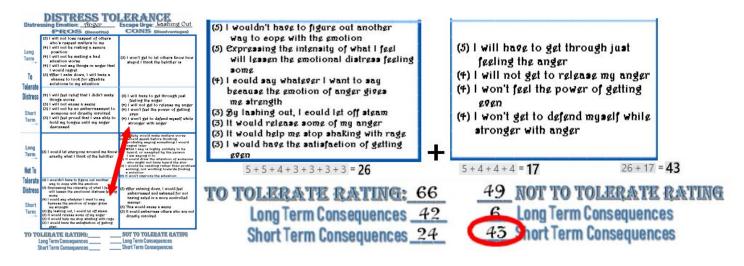


STEP 5. I will enter my added totals from my "Not Tolerating Distress List" <u>Pro LONG-TERM</u> list to my totals from my "Tolerating Distress List" <u>Con LONG-TERM</u> list. Both of these are showing the value I place on the <u>benefits of NOT TOLERATING DISTRESS</u> (Following through with urge).

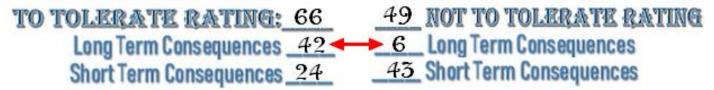


TOTALS (CONT.)

STEP 6. I will enter my added totals from my "Not Tolerating Distress List" <u>Pro SHORT-TERM</u> list to my totals from my "Tolerating Distress List" <u>Con SHORT-TERM</u> list. Both of these are showing the value I place on the <u>benefits of NOT TOLERATING DISTRESS</u> (Following through with urge).



These totals make it *clear and undeniable* that I rate *the long-term consequences much more in favor of tolerating the distress.*



These totals make it *clear and undeniable* that what I consider *benefits of not tolerating distress will be benefits only short lived. Following through on my urge will have little / no lasting benefits.*

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TO TOLERATE RATING: 66 49 NOT TO TOLERATE RATING

Long Term Consequences 42 6 Long Term Consequences

Short Term Consequences 24 43 Short Term Consequences
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I know that I could easily put this Pro/Con list away and later convince myself that it wasn't important. That may seem simpler than tolerating distressing emotions - to instead - just escape them.

Instead - I will keep them in sight for a while - read through my list - and study until I can completely admit to myself that: "It would be easier to learn how - and then use those skills." I will read and re-read - to fully grasp that to tolerate the short-term distress is better than having to cope with the long-term consequences of escaping those feelings.

Then - I will carry this reminder everywhere I go, so I can take it out and read it again the next time I have this same urge.

MY COMPLETED PRO/CON REMINDER SHEET

DISTRESS TOLERANCE

Distressing Emotion: Anger Escape Urge: bashing Out		
	PROS (Benefits)	CONS (Disadvantages)
Long Term To Tolerate	(5) I will not lose respect of others who's respect matters to me (4) I will not be risking a secure position (4) I will not be making a bad situation worse (4) I will not say things in anger that I would regret. (3) After I calm down, I will have a chance to look for effective solutions to my situation	(3) I won't get to let others know how stupid I think the belittler is
Distress Short Term	(4) I will feel relief that I didn't make things worse (3) I will not eause a seene (3) I will not be an embarrassment to someone not directly involved (3) I will feel proud that I was able to hold my tongue until my anger decreased	(5) I will have to get through just feeling the anger (4) I will not get to release my anger (4) I won't feel the power of getting even (4) I won't get to defend myself while stronger with anger
Long Term Not To	(3) I eould let everyone around me know exaetly what I think of the belittler	 (5) It likely would make matters worse (5) I would speak before thinking, probably saying something I would regret later. (4) What I say is highly unlikely to be heard, or accepted by the person I am saying it to (3) It could draw the attention of someone who might not have heard the slur (3) I would be reacting rather than problem solving, not working towards finding a solution (2) It won't improve the situation
Tolerate Distress Short Term	(5) I wouldn't have to figure out another way to cope with the emotion (5) Expressing the intensity of what I feel will lessen the emotional distress feeling some (4) I could say whatever I want to say because the emotion of anger gives me strength (3) By lashing out, I could let off steam (3) It would release some of my anger (3) It would have the satisfaction of getting even	(5) After ealming down, I would feel embarrassed and ashamed for not having aeted in a more controlled manner. (3) This would cause a seene (3) It could embarrass others who are not directly involved
TO TOLERATE RATING: 66 Long Term Consequences 42 Short Term Consequences 24 A Short Term Consequences 49 NOT TO TOLERATE RATING Long Term Consequences 43 Short Term Consequences		

Skills To Use _