

EXAMPLE

DISTRESS TOLERANCE

Distressing Emotion: Anger

Escape Urge: lashing Out

PROS (Benefits)

CONS (Disadvantages)

Long Term →	To Tolerate Distress	(5) I will not lose respect of others who's respect matters to me (4) I will not be risking a severe 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
		(4) I will feel relief that I didn't make things worse (3) I will not cause a scene (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 Tolerate Distress	(3) I could let everyone around me know exactly 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
		(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 help me stop shaking with rage (3) I would have the satisfaction of getting even	(5) After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner. (3) This would cause a scene (3) It could embarrass others who are not directly involved

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

Skills To Use _____

*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.

TOLERATING DISTRESS WORKSHEET (#1)

Distressing Event: _____

Which Distressing Emotion did this trigger?	What Crisis/Problematic Behavior Urge was triggered?
<p>1. I felt _____</p> <p>2. I felt _____</p> <p>3. I felt _____</p> <p>4. I felt _____</p> <p>5. I felt _____</p> <p>6. I felt _____</p> <p>7. I felt _____</p> <p>8. I felt _____</p> <p>9. I felt _____</p> <p>10. I felt _____</p>	<p>1. I felt _____</p> <p>2. I felt _____</p> <p>3. I felt _____</p> <p>4. I felt _____</p> <p>5. I felt _____</p> <p>6. I felt _____</p> <p>7. I felt _____</p> <p>8. I felt _____</p> <p>9. I felt _____</p> <p>10. I felt _____</p>

Distressing Emotion: _____
Escape Urge: _____[illegible]

You may list, make notes, or journal to weigh the value of each. Why is it that important, why isn't it?

Consideration Notes:

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WORKSHEET (#3)

NOT TOLERATING DISTRESS WORKSHEET (#2)

CHOOSING TO DO THE PROBLEM BEHAVIOR

Distressing Event:

Which Distressing Emotion did this trigger?	What Crisis/Problematic Behavior Urge was triggered?

Distressing Emotion: _____ Escape Urge: _____

[illegible]

You may list, make notes, or journal to weigh the value of each. Why is it that important, why isn't it?

Consideration Notes: _____

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DISTRESS TOLERANCE

Distressing Emotion: _____ Escape Urge: _____

PROS (Benefits)	CONS (Disadvantages)
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Long Term →		
To Tolerate Distress		
Short Term →		
Long Term →		
Not To Tolerate Distress		
Short Term →		

TO TOLERATE RATING:	NOT TO TOLERATE RATING:
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Long Term Consequences

Long Term Consequences _____ Long Term Consequences _____
Short 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: Anger

Escape Urge: Lash Out In Defense

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 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	

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: Anger

Escape Urge: Lash Out In Defense

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

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.






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 |  Very Important |
|  Not Too Important |  Important | |

TOLERATING DISTRESS

Distressing Emotion: Anger






Escape Urge: Lash Out In Defense

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 the value of each. *Why is it that important, why isn't it?*

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






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	

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
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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 |  Somewhat Important |  Very Important |
|  Not Too Important |  Important | |

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 |  Somewhat Important |  Very Important |
|  Not Too Important |  Important | |

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. 

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	3 + 3 + 3 + 4 + 3 + 3 + 5 + 5	3 + 3 + 5 + 4 + 2 + 5 + 3 + 3 + 5	33
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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 =

49

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.

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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

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

DISTRESS TOLERANCE	
Distressing Emotion: <u>Anger</u>	Escape Urge: <u>Lash Out In Defense</u>
PROS (Benefits)	CONS (Disadvantages)
Long Term	
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: Lashing 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*.

PROS (Benefits/Advantages)		PROS (Benefits)
(3) I will not cause a scene	<div style="display: flex; flex-direction: column; align-items: center;"> <div>Long Term →</div> <div>Tolerate Distress</div> <div>Short Term →</div> </div>	(5) I will not lose respect of others who's respect matters to me
(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 risking a secure position		(4) I will not be making a bad situation worse
(4) I will not be making a bad situation worse		(4) I will not say things in anger that I would regret.
(3) I will not be an embarrassment to someone not directly involved		(3) After I calm down, I will have a chance to look for effective solutions to my situation
(4) I will not say things in anger that I would regret.		(4) I will feel relief that I didn't make things worse
(4) I will feel relief that I didn't make things worse		(3) I will not cause a scene
(3) I will feel proud that I was able to hold my tongue until my anger decreased		(3) I will not be an embarrassment to someone not directly involved
(3) After I calm down, I will have a chance to look for effective solutions to my situation	(3) I will feel proud that I was able to hold my tongue until my anger decreased	

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*.

CONS (Costs/Disadvantages)		CONS (Disadvantages)
I will not get to release my anger (4)	<div style="display: flex; flex-direction: column; align-items: center;"> <div>Long Term →</div> <div>Tolerate Distress</div> <div>Short Term →</div> </div>	(3) I won't get to let others know how stupid I think the belittler is
I will have to get through just feeling the anger (5)		(5) I will have to get through just feeling the anger
I won't feel the power of getting even (4)		(4) I will not get to release my anger
I won't get to let others know how stupid I think the belittler is (3)		(4) I won't feel the power of getting even
I won't get to defend myself while stronger with anger (4)		(4) I won't get to defend myself while stronger with anger

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*.

The diagram illustrates the transfer of items from a "Not Tolerating Distress" worksheet to a "Reminder Sheet". A central box labeled "Not Tolerating Distress" is crossed out with a large red 'X'. Red arrows point from items in the "PROS (Benefits/Advantages)" section of the worksheet to the "PROS (Benefits)" section of the reminder sheet. The worksheet items are: (3) By lashing out, I could let off steam; (3) It would release some of my anger; (3) It would help me stop shaking with rage; (4) I could say whatever I want to say because the emotion of anger gives me strength; (3) I would have the satisfaction of getting even; (3) I could let everyone around me know exactly what I think of the belittler; (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. The reminder sheet items are: (3) I could let everyone around me know exactly what I think of the belittler; (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 help me stop shaking with rage; (3) I would have the satisfaction of getting even. A vertical label "Long Term" is on the left, and "Short Term" is at the bottom.

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*.

The diagram illustrates the transfer of items from a "Not Tolerating Distress" worksheet to a "Reminder Sheet". A central box labeled "Not Tolerating Distress" is crossed out with a large red 'X'. Red arrows point from items in the "CONS (Costs/Disadvantages)" section of the worksheet to the "CONS (Disadvantages)" section of the reminder sheet. The worksheet items are: 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. The reminder sheet items are: (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; (5) After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner; (3) This would cause a scene; (3) It could embarrass others who are not directly involved. A vertical label "Long Term" is on the left, and "Short Term" is at the bottom.

Part Four

TOTALS

STEP 1. I will enter my added totals from my "Tolerating Distress List" 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.

TO TOLERATE RATING: 66 NOT TO TOLERATE RATING
 Long Term Consequences _____ Long Term Consequences
 Short Term Consequences _____ Short Term Consequences

STEP 2. I will enter my added 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)

TO TOLERATE RATING: 66 49 NOT TO TOLERATE RATING
 Long Term Consequences _____ Long Term Consequences
 Short Term Consequences _____ Short Term Consequences

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

DISTRESS TOLERANCE		Distressing Emotion: <u>anger</u> Escape Urge: <u>blasting out</u>	
PROS (Benefits)		CONS (Disadvantages)	
Long Term	(5) I will not lose respect of others who's respect matters to me. (4) I will not be risking a severe 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.	(5) I won't get to let others know how stupid I think the bullshitter is.	
To Tolerate Distress	(4) I will feel relief that I didn't make things worse. (5) I will not cause a scene. (5) I will not be an embarrassment to someone not directly involved. (5) 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.	
Short Term			
Long Term	(5) I would let everyone around me know exactly what I think of the bullshitter. (5) I wouldn't have to figure out another way to cope with the emotion. (5) Decreasing the intensity of what I feel will lessen the emotional distress feeling even. (4) I could say whatever I want to say because the emotion of anger gives me strength. (5) By blasting out, I could let off steam. (5) I would release some of my anger. (5) It would help me stop shaking with rage. (5) It would have the satisfaction of getting even.	(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.	
Not To Tolerate Distress			
Short Term			

5 + 4 + 4 + 4 + 3 = **20**

TO TOLERATE RATING: 66

Long Term Consequences 42

Short Term Consequences _____

5 + 5 + 4 + 3 + 3 + 2 = **22**

49 NOT TO TOLERATE RATING

Long Term Consequences _____

Short Term Consequences _____

20 + 22 = **42**

TOTALS (CONT.)

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

DISTRESS TOLERANCE	
Distressing Emotion: <u>anger</u> Escape Urge: <u>blaming Out</u>	
PROS (Disadvantages)	CONS (Advantages)
<p>Long Term</p> <p>(1) I will not lose respect of others who's respect matters to me</p> <p>(2) I will not be making a secure position</p> <p>(3) I will not be making a bad situation worse</p> <p>(4) I will not say things in anger that I would regret</p> <p>(5) After I calm down, I will have a chance to look for effective solutions to my situation</p> <p>(6) I will feel relief that I didn't make things worse</p> <p>(7) I will not cause a scene</p> <p>(8) I will not be an embarrassment to someone not directly involved</p> <p>(9) I will feel proud that I was able to hold my tongue until my anger decreased</p>	<p>(1) I won't get to let others know how stupid I think the bulltiter is</p> <p>(2) I will have to get through just feeling the anger</p> <p>(3) I will not get to release my anger</p> <p>(4) I won't feel the power of getting even</p> <p>(5) I won't get to defend myself while stronger with anger</p> <p>(6) I likely would make matters worse</p> <p>(7) I would speak before thinking, probably saying something I would regret later</p> <p>(8) What I say is highly unlikely to be heard, or accepted by the person I am saying it to</p> <p>(9) I would draw the attention of someone who might not have heard the story, would be reading rather than problem solving, not working towards finding a solution</p> <p>(10) It won't improve the situation</p>
<p>Short Term</p> <p>(1) I would let everyone around me know exactly what I think of the bulltiter</p> <p>(2) I wouldn't have to figure out another way to cope with the emotion</p> <p>(3) Expressing the intensity of what I feel will lessen the emotional distress feeling some</p> <p>(4) I could say whatever I want to say because the emotion of anger gives me strength</p> <p>(5) By taking out, I could let off steam</p> <p>(6) It would help me stop thinking with rage</p> <p>(7) I would have the satisfaction of getting even</p>	<p>(1) I would feel embarrassed and ashamed for not having acted in a more controlled manner</p> <p>(2) This would cause a scene</p> <p>(3) It could embarrass others who are not directly involved</p> <p>(4) After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner</p> <p>(5) I would feel the power of getting even</p> <p>(6) I would feel proud that I was able to hold my tongue until my anger decreased</p> <p>(7) I would feel relief that I didn't make things worse</p> <p>(8) I would not be an embarrassment to someone not directly involved</p> <p>(9) I would feel proud that I was able to hold my tongue until my anger decreased</p>

TO TOLERATE RATING: _____ NOT TO TOLERATE RATING: _____

Long Term Consequences: _____ Long Term Consequences: _____

Short Term Consequences: _____ Short Term Consequences: _____

(4) I will feel relief that I didn't make things worse

(3) I will not cause a scene

(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

$$4 + 3 + 3 + 3 = 13$$

+

(5) After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner

(3) This would cause a scene

(3) It could embarrass others who are not directly involved

$$5 + 3 + 3 = 11$$

$$13 + 11 = 24$$

TO TOLERATE RATING: 66

Long Term Consequences: 42

Short Term Consequences: 24

NOT TO TOLERATE RATING: 49

Long Term Consequences: _____

Short Term Consequences: _____

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

DISTRESS TOLERANCE	
Distressing Emotion: <u>anger</u> Escape Urge: <u>blaming Out</u>	
PROS (Disadvantages)	CONS (Advantages)
<p>Long Term</p> <p>(1) I will not lose respect of others who's respect matters to me</p> <p>(2) I will not be making a secure position</p> <p>(3) I will not be making a bad situation worse</p> <p>(4) I will not say things in anger that I would regret</p> <p>(5) After I calm down, I will have a chance to look for effective solutions to my situation</p> <p>(6) I will feel relief that I didn't make things worse</p> <p>(7) I will not cause a scene</p> <p>(8) I will not be an embarrassment to someone not directly involved</p> <p>(9) I will feel proud that I was able to hold my tongue until my anger decreased</p>	<p>(1) I won't get to let others know how stupid I think the bulltiter is</p> <p>(2) I will have to get through just feeling the anger</p> <p>(3) I will not get to release my anger</p> <p>(4) I won't feel the power of getting even</p> <p>(5) I won't get to defend myself while stronger with anger</p> <p>(6) I likely would make matters worse</p> <p>(7) I would speak before thinking, probably saying something I would regret later</p> <p>(8) What I say is highly unlikely to be heard, or accepted by the person I am saying it to</p> <p>(9) I would draw the attention of someone who might not have heard the story, would be reading rather than problem solving, not working towards finding a solution</p> <p>(10) It won't improve the situation</p>
<p>Short Term</p> <p>(1) I would let everyone around me know exactly what I think of the bulltiter</p> <p>(2) I wouldn't have to figure out another way to cope with the emotion</p> <p>(3) Expressing the intensity of what I feel will lessen the emotional distress feeling some</p> <p>(4) I could say whatever I want to say because the emotion of anger gives me strength</p> <p>(5) By taking out, I could let off steam</p> <p>(6) It would help me stop thinking with rage</p> <p>(7) I would have the satisfaction of getting even</p>	<p>(1) I would feel embarrassed and ashamed for not having acted in a more controlled manner</p> <p>(2) This would cause a scene</p> <p>(3) It could embarrass others who are not directly involved</p> <p>(4) After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner</p> <p>(5) I would feel the power of getting even</p> <p>(6) I would feel proud that I was able to hold my tongue until my anger decreased</p> <p>(7) I would feel relief that I didn't make things worse</p> <p>(8) I would not be an embarrassment to someone not directly involved</p> <p>(9) I would feel proud that I was able to hold my tongue until my anger decreased</p>

TO TOLERATE RATING: _____ NOT TO TOLERATE RATING: _____

Long Term Consequences: _____ Long Term Consequences: _____

Short Term Consequences: _____ Short Term Consequences: _____

(3) I won't get to let others know how stupid I think the bulltiter is

+

(3) I could let everyone around me know exactly what I think of the bulltiter

$$3 + 3 = 6$$

TO TOLERATE RATING: 66

Long Term Consequences: 42

Short Term Consequences: 24

NOT TO TOLERATE RATING: 49

Long Term Consequences: 6

Short Term Consequences: _____

TOTALS (CONT.)

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

DISTRESS TOLERANCE		Escape Urge: Lashing Out	
PROS (Disadvantages)		CONS (Disadvantages)	
Long Term	(5) I will not lose respect of others who's respect matters to me (5) I will not be making a bad situation worse (5) I will not regret (5) I will not say things in anger that I would regret (5) I will not feel that I didn't make things worse (5) I will not make a scene (5) I will not be an embarrassment to someone not directly involved (5) I will feel proud that I was able to hold my tongue until my anger decreased	Long Term	(5) I won't get to let others know how stupid I think the bullies are (5) I will have to get through just feeling the anger (5) I will not get to release my anger (5) I won't feel the power of getting even (5) I won't get to defend myself while stronger with anger
Short Term	(5) I will feel relief that I didn't make things worse (5) I will not make a scene (5) I will not be an embarrassment to someone not directly involved (5) I will feel proud that I was able to hold my tongue until my anger decreased	Short Term	(5) I will have to get through just feeling the anger (5) I will not get to release my anger (5) I won't feel the power of getting even (5) I won't get to defend myself while stronger with anger
Long Term	(5) I would let everyone around me know exactly what I think of the bullies	Long 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 (5) I could say whatever I want to say because the emotion of anger gives me strength (5) By lashing out, I could let off steam (5) It would release some of my anger (5) It would help me stop shaking with rage (5) I would have the satisfaction of getting even
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 (5) I could say whatever I want to say because the emotion of anger gives me strength (5) By lashing out, I could let off steam (5) It would release some of my anger (5) It would help me stop shaking with rage (5) I would have the satisfaction of getting even	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 (5) I could say whatever I want to say because the emotion of anger gives me strength (5) By lashing out, I could let off steam (5) It would release some of my anger (5) It would help me stop shaking with rage (5) I would have the satisfaction of getting even

TO TOLERATE RATING: 66	+	NOT TO TOLERATE RATING: 49	=	43
Long Term Consequences 42		Long Term Consequences 6		
Short Term Consequences 24		Short Term Consequences 43		

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

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

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.

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

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: Lashing Out

PROS (Benefits)

CONS (Disadvantages)

Long Term →	To Tolerate Distress	(5) I will not lose respect of others who's respect matters to me (4) I will not be risking a severe 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
		(4) I will feel relief that I didn't make things worse (3) I will not cause a scene (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 Tolerate Distress	(3) I could let everyone around me know exactly 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
		(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 help me stop shaking with rage (3) I would have the satisfaction of getting even	(5) After calming down, I would feel embarrassed and ashamed for not having acted in a more controlled manner. (3) This would cause a scene (3) It could embarrass others who are not directly involved

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

Skills To Use _____