

Distressing Event: _____

Distressing Emotion: _____

Escape Urge: _____

[illegible]

Consideration Notes:

Distressing Event: _____

What Crisis/Problematic Behavior Urge was triggered?

GENERIC

[illegible]

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CHOOSING TO DO THE PROBLEM BEHAVIOR

What Crisis/Problematic Behavior Urge was triggered?

[illegible]

DISTRESS TOLERANCE

Distressing Emotion: _____ Escape Urge: _____

PROS (Benefits)

CONS (Disadvantages)

To Tolerate Distress Long Term → Short Term →		
Not To Tolerate Distress Long Term → Short Term →		

TO TOLERATE RATING: _____

NOT TO TOLERATE RATING _____

Long Term Consequences _____

Long Term Consequences _____

Short Term Consequences _____

Short Term Consequences _____

Skills To Use _____