TOLERATING DISTRESS WORKSHEET (#1)

Which Distressing Emotion did this trigger? Distressing Emotion:	What Crisis/Problematic Behavior Urge was trigge Escape Urge:	ered?
PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)	
You may list, make notes, or journal to weigh Consideration Notes:	the value of each. Why is it that important, why i	sn't it?

TOLERATING DISTRESS GENERIC WORKSHEET (1A)

Distressing Event:				
Which Distressing Emotion di		What Crisis/Problematic Behavior Urge was triggers	gered?	
GENERIC				
PROS (Ben	efits/Advantages)	CONS (Costs/Disadvantages)		
Consideration Notes:				

NOT TOLERATING DISTRESS WORKSHEET (#2)

CHOSING TO DO THE PROBLEM BEHAVIOR

Which Distressing Emotion did this trigger? Distressing Emotion:	What Crisis/Problematic Behavior Urge was triggered? Escape Urge:
PROS (Benefits/Advantages)	CONS (Costs/Disadvantages)
You may list, make notes, or journal to we Consideration Notes:	eigh the value of each. Why is it that important, why isn't it
	

DISTRESS TOLERANCE Escape Urge: __ Distressing Emotion: CONS (Disadvantages) PROS (Benefits) Long Term To **Tolerate Distress** Short Term Long Term Not To **Tolerate Distress** Short Term TO TOLERATE RATING:____ NOT TO TOLERATE RATING

Long Term Consequences ____ Long Term Consequences **Short Term Consequences** Short Term Consequences_____ Skills To Use ____