STOP Skill

**Stop**
Do not just react. Stop! Freeze! Do not move a muscle! Your emotions may try to make you act without thinking. Stay in control!

**Take a step back**
Take a step back from the situation. Take a break. Let go. Take a deep breath. Do not let your feelings make you act impulsively.

**Observe**
Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings? What are others saying or doing?

**Proceed mindfully**
Act with awareness. In deciding what to do, consider your thoughts and feelings, the situation, and other people’s thoughts and feelings. Think about your goals. Ask Wise Mind: Which actions will make it better or worse?

*Note. Adapted from an unpublished worksheet by Francheska Perepletchikova and Seth Axelrod, with their permission.*

DISTRESS TOLERANCE HANDOUT 11

Crisis Survival Skills:
TIPP Skills for Managing Extreme Emotions

When emotional arousal is very HIGH!!!!!!!

- You are completely caught in Emotion Mind.
- Your brain is not processing information.
- You are emotionally overwhelmed.

"TIPP" your body chemistry to reduce extreme Emotion Mind quickly with:

Temperature
- **Tip the temperature of your face with cold water to calm down fast.** Holding your breath, put your face in a bowl of cold water; keep water above 50° F. Or, hold a cold pack or ziplock bag with ice water on your eyes and cheeks, or splash cold water on your face. Hold for 30 seconds.

  **Caution:** Ice water decreases your heart rate rapidly. Intense exercise will increase heart rate. If you have a heart or medical condition, lowered base heart rate due to medications, take a beta blocker, or have an eating disorder, consult your health care provider before using these skills. Avoid ice water if allergic to the cold.

Intense Exercise
- **To calm down your body when it is revved up by emotion.** Engage in intense aerobic exercise, if only for a short while (10–15 minutes). Expend your body’s stored-up physical energy by running, walking fast, jumping rope or jumping jacks, playing basketball, weight lifting, putting on music and dancing. Don't overdo it!

(continued)
Paced Breathing

- **Slow your pace of breathing way down** (to about 5–7 in and out breaths per minute). Breathe deeply from the abdomen. Breathe **out** more slowly than you breathe **in** (e.g., 4 seconds in and 6 seconds out). Do this for 1–2 minutes to bring down your arousal.

Progressive Muscle Relaxation

- **Tense and relax each muscle group**, head to toe, one muscle group at a time. **Tense** (5 seconds), then let go; **relax** each muscle all the way. **Notice** the tension; **notice** the difference when relaxed.
Start at the bottom right of the square

Breathe in for four counts as you trace the first side of the square

Hold your breath for four counts as you trace the second side of the square

Breathe out for four counts as you trace the third side of the square

Hold your breath for four counts as you trace the final side of the square

You just completed one deep breath!
Crisis Survival Skills: Self-Soothe with Six Senses

VISION               HEARING
SMELL               TASTE
TOUCH               MOVEMENT

Vision: Go to your favorite place and take in all the sights; look at a photo album; zone out to a poster/picture; notice colors in a sunset; people watch.

Hearing: Listen to your favorite music and play it over and over again; pay attention to sounds in nature (birds, rain, thunder, traffic); play an instrument or sing; listen to a sound machine.

Smell: Put on your favorite lotion; use a scented aftershave or body wash; make cookies or popcorn; smell freshly brewed coffee; go to the park and “smell the roses.”

Taste: Eat some of your favorite foods; drink your favorite nonalcoholic beverage; have your favorite flavor of ice cream; really notice the food you eat; eat one thing mindfully; don’t overdo it!

Touch: Take a long bath or shower; pet your dog or cat; get a massage; brush your hair; hug or be hugged; put a cold cloth on your head; change into your most comfortable clothes.

Movement: Rock yourself gently; stretch; go for a run; do yoga; dance!


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Distracting
A way to remember these skills is the phrase “Wise Mind ACCEPTS.”

With **Activities:**
- Focus attention on a task you need to get done.
- Rent movies; watch TV.
- Clean a room in your house.
- Find an event to go to.
- Play computer games.
- Go walking. Exercise.
- Surf the Internet. Write e-mails.
- Play sports.
- Go out for a meal or eat a favorite food.
- Call or go out with a friend.
- Listen to your iPod; download music.
- Build something.
- Spend time with your children.
- Play cards.
- Read magazines, books, comics.
- Do crossword puzzles or Sudoku.
- Other: __________

With **Contributing:**
- Find volunteer work to do.
- Help a friend or family member.
- Surprise someone with something nice (a card, a favor, a hug).
- Give away things you don’t need.
- Call or send an instant message encouraging someone or just saying hi.
- Make something nice for someone else.
- Do something thoughtful.
- Other: __________

With different **Emotions:**
- Read emotional books or stories, old letters.
- Watch emotional TV shows; go to emotional movies.
- Listen to emotional music.
  *(Be sure the event creates different emotions.)*
- Ideas: Scary movies, joke books, comedies, funny records, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards.
- Other: __________

With **Pushing away:**
- Push the situation away by leaving it for a while.
- Leave the situation mentally.
- Build an imaginary wall between yourself and the situation.
- Block thoughts and images from your mind.
- Notice ruminating: Yell “No!”
- Refuse to think about the painful situations.
- Put the pain on a shelf. Box it up and put it away for a while.
- Deny the problem for the moment.
- Other: __________

With other **Thoughts:**
- Count to 10; count colors in a painting or poster or cut the window; count anything.
- Repeat words to a song in your mind.
- Work puzzles.
- Watch TV or read.
- Other: __________

With other **Sensations:**
- Squeeze a rubber ball very hard.
- Listen to very loud music.
- Hold ice in your hand or mouth.
- Go out in the rain or snow.
- Take a hot or cold shower.
- Other: __________

Take care of your body. See a doctor when necessary. Take prescribed medication.

Don’t eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.

Stay off illicit drugs, and use alcohol in moderation (if at all).

Try to get 7–9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.

Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

EMOTION REGULATION OPTIONAL HANDOUT 16a

FOOD and Your MOOD

Step 1: Observe how certain foods affect your mood (both negatively and positively).

Negative examples:
- Soda and sugary snacks might make you feel tired and irritable.
- Heavy, fatty foods (e.g., french fries, potato chips, fried chicken, greasy foods) might make you feel sluggish.
- Caffeine might make you feel jittery and more anxious and interfere with your sleep.

Positive examples:
- Complex carbohydrates and fiber (e.g., sweet potatoes, whole wheat pasta, oatmeal, whole-grain cereals, salads) give you slow and steady energy.
- Proteins (e.g., lean meats and poultry, beans, nuts, fish, eggs) also provide your body with steady energy that helps you stay active and strong both physically and mentally.
- Dairy foods (e.g., low-fat milks, cheeses, yogurts) have protein and calcium, which help with energy and bone strength.
- Fruits and vegetables provide you energy, boost your health, and give you a sweet or crunchy treat without zapping your energy or making you feel guilty.
- Once you know what foods make up a balanced diet, you can determine what changes might be needed.

Step 2: Notice whether you are eating too much or too little.

Step 3: Start thinking about changes.

How can you begin to increase the amount of healthy foods you eat? Keep track of your food choices in a food diary every day so you see your progress!

(continued)

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Step 4: Start small.

Don’t try to make dramatic changes to your diet all at once. You may feel overwhelmed, which might set yourself up to fail. Start slowly and gradually to change your habits.

For example:

- Cut down on processed foods and add more fresh foods.
- Add more fruits and vegetables to meals and have them for snacks.
- Add lettuce, tomato, cucumber, and onion to sandwiches.
- Add fruit to cereal.

Step 5: Notice the effects of eating well on your mood.
BEST Ways to Get REST: 12 Tips for Better Sleep

Maintaining a balanced sleep pattern will decrease your emotional vulnerability.

1. **Stick to a schedule** and don’t sleep late on weekends. If you sleep late on Saturday and Sunday morning, you will disrupt your sleep pattern. Instead, go to bed and get up at about the same time every day.

2. **Establish a bedtime routine.** This might include shutting off screens (TV, computer, cell phone), changing into comfy PJs, sipping herbal tea, lowering bright lights and reducing noise, and reading.

3. **Don’t eat or drink a lot before bed.** Eat a light dinner at least 2 hours before sleeping. If you drink too many liquids before bed, you’ll wake up repeatedly for trips to the bathroom. Watch out for spicy foods, which may cause heartburn and interfere with sleep.

4. **Avoid caffeine and nicotine.** Both are stimulants and can keep you awake. Caffeine should be avoided for 8 hours before your desired bedtime.

5. **Exercise.** If you’re trying to sleep better, the best time to exercise is in the morning or afternoon. A program of regular physical activity enhances the quality of your sleep.

6. **Keep your room cool.** Turn the temperature in the room down, as this mimics the natural drop in your body’s temperature during sleep. Use an air conditioner or a fan to keep the room cool. If you get cold, add more layers. If you are hot, remove some layers.

7. **Sleep primarily at night.** Daytime naps steal hours from your nighttime sleep. Limit daytime sleep to less than 1 hour, no later than 3:00 P.M.

8. **Keep it dark, quiet, and NO SCREENS.** Use shades, blinds, and turn off lights. Silence helps you sleep better. Turn off the radio and TV. Use earplugs. Use a fan, a white noise machine, or some other source of constant, soothing, background noise to mask sounds you can’t control. No laptops, iPads, phones, or screens for at least 1 hour before bedtime.

(continued)

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9. **Use your bed only for sleep.** Make your bed comfortable and appealing. Use only for sleep—not for studying or watching TV. Go to bed when you feel tired and turn out the lights. If you don’t fall asleep in 30 minutes, get up and do something else relaxing like reading books or magazines—NO SCREENS! Go back to bed when you are tired. Don’t stress out! This will make it harder to fall asleep.

10. **Sock and sack out.** Taking a hot shower or bath before bed helps relax tense muscles.

11. **Don’t rely on sleeping pills.** If they are prescribed to you, use them only under a doctor’s close supervision. Make sure the pills won’t interact with other medications!

12. **Don’t catastrophize.** Tell yourself “It’s OK; I’ll fall asleep eventually.”
### Pleasant Events List

1. Working on my car  
2. Planning a career  
3. Getting out of (paying down) debt  
4. Collecting things (baseball cards, coins, stamps, rocks, shells, etc.)  
5. Going on vacation  
6. Thinking how it will be when I finish school  
7. Recycling old items  
8. Going on a date  
9. Relaxing  
10. Going to or watching a movie  
11. Jogging, walking  
12. Thinking, "I have done a full day's work"  
13. Listening to music  
14. Thinking about past parties  
15. Buying household gadgets  
16. Lying in the sun  
17. Planning a career change  
18. Laughing  
19. Thinking about past trips  
20. Listening to other people  
21. Reading magazines or newspapers  
22. Engaging in hobbies (stamp collecting, model building, etc.)  
23. Spending an evening with good friends  
24. Planning a day's activities  
25. Meeting new people  
26. Remembering beautiful scenery  
27. Saving money  
28. Going home from work  
29. Eating  
30. Practicing karate, judo, yoga  
31. Thinking about retirement  
32. Repairing things around the house  
33. Working on machinery (cars, boats, etc.)  
34. Remembering the words and deeds of loving people  
35. Wearing shocking clothes  
36. Having quiet evenings  
37. Taking care of my plants  
38. Buying, selling stock  
39. Going swimming  
40. Doodling  
41. Exercising  
42. Collecting old things  
43. Going to a party  
44. Thinking about buying things  
45. Playing golf  
46. Playing soccer  
47. Flying kites  
48. Having discussions with friends  
49. Having family get-togethers  
50. Riding a bike or motorbike  
51. Running track  
52. Going camping  
53. Singing around the house  
54. Arranging flowers  
55. Practicing religion (going to church, group praying, etc.)  
56. Organizing tools  
57. Going to the beach  
58. Thinking, "I'm an OK person"  
59. Having a day with nothing to do  
60. Going to class reunions  
61. Going skating, skateboarding, rollerblading  
62. Going sailing or motorboating  
63. Traveling or going on vacations  
64. Painting  
65. Doing something spontaneously  
66. Doing needlepoint, crewel, etc.  
67. Sleeping  
68. Driving  
69. Entertaining, giving parties  
70. Going to clubs (garden clubs, Parents without Partners, etc.)  
71. Thinking about getting married  
72. Going hunting

*(continued on next page)*


73. Singing with groups
74. Flirting
75. Playing musical instruments
76. Doing arts and crafts
77. Making a gift for someone
78. Buying/downloading music
79. Watching boxing, wrestling
80. Planning parties
81. Cooking
82. Going hiking
83. Writing (books, poems, articles)
84. Sewing
85. Buying clothes
86. Going out to dinner
87. Working
88. Discussing books; going to a book club
89. Sightseeing
90. Getting a manicure/pedicure or facial
91. Going to the beauty parlor
92. Early morning coffee and newspaper
93. Playing tennis
94. Kissing
95. Watching my children (play)
96. Thinking, "I have a lot more going for me than most people"
97. Going to plays and concerts
98. Daydreaming
99. Planning to go (back) to school
100. Thinking about sex
101. Going for a drive
102. Refinishing furniture
103. Watching TV
104. Making lists of tasks
105. Walking in the woods (or at the waterfront)
106. Buying gifts
107. Completing a task
108. Going to a spectator sport (auto racing, horse racing)
109. Teaching
110. Photography
111. Going fishing
112. Thinking about pleasant events
113. Staying on a diet
114. Playing with animals
115. Flying a plane
116. Reading fiction
117. Acting
118. Being alone
119. Writing diary entries or letters
120. Cleaning
121. Reading nonfiction
122. Taking children places
123. Dancing
124. Weightlifting
125. Going on a picnic
126. Thinking, "I did that pretty well," after doing something
127. Meditating, yoga
128. Having lunch with a friend
129. Going to the mountains
130. Playing hockey
131. Working with clay or pottery
132. Glass blowing
133. Going skiing
134. Dressing up
135. Reflecting on how I’ve improved
136. Buying small things for myself (perfume, golf balls, etc.)
137. Talking on the phone
138. Going to museums
139. Thinking religious thoughts
140. Lighting candles
141. White-water canoeing/rafting
142. Going bowling
143. Doing woodworking
144. Fantasizing about the future
145. Taking ballet/tap-dancing classes
146. Debating
147. Sitting in a sidewalk café
148. Having an aquarium
149. Participating in “living history” events
150. Knitting
151. Doing crossword puzzles
152. Shooting pool
153. Getting a massage
154. Saying, "I love you"
155. Playing catch, taking batting practice
156. Shooting baskets
157. Seeing and/or showing photos
158. Thinking about my good qualities
159. Solving riddles mentally
160. Having a political discussion
161. Buying books

(continued on next page)
162. Taking a sauna or a steam bath
163. Checking out garage sales
164. Thinking about having a family
165. Thinking about happy moments in my childhood
166. Splurging
167. Going horseback riding
168. Doing something new
169. Working on jigsaw puzzles
170. Playing cards
171. Thinking, "I'm a person who can cope"
172. Taking a nap
173. Figuring out my favorite scent
174. Making a card and giving it to someone I care about
175. Instant-messaging/texting someone
176. Playing a board game (e.g., Monopoly, Life, Clue, Sorry)
177. Putting on my favorite piece of clothing
178. Making a smoothie and drinking it slowly
179. Putting on makeup
180. Thinking about a friend's good qualities
181. Completing something I feel great about
182. Surprising someone with a favor
183. Surfing the Internet
184. Playing video games
185. E-mailing friends
186. Going walking or sledding in a snowfall
187. Getting a haircut
188. Installing new software
189. Buying a CD or music on iTunes
190. Watching sports on TV
191. Taking care of my pets
192. Doing volunteer service
193. Watching stand-up comedy on YouTube
194. Working in my garden
195. Participating in a public performance (e.g., a flash mob)
196. Blogging
197. Fighting for a cause
198. Conducting experiments

199. Expressing my love to someone
200. Going on field trips, nature walks, exploring (hiking away from known routes, spelunking)
201. Gathering natural objects (wild foods or fruit, driftwood)
202. Going downtown or to a shopping mall
203. Going to a fair, carnival, circus, zoo, or amusement park
204. Going to the library
205. Joining or forming a band
206. Learning to do something new
207. Listening to the sounds of nature
208. Looking at the moon or stars
209. Outdoor work (cutting or chopping wood, farm work)
210. Playing organized sports (baseball, softball, football, Frisbee, handball, paddleball, squash, soccer, tennis, volleyball, etc.)
211. Playing in the sand, a stream, the grass; kicking leaves, pebbles, etc.
212. Protesting social, political, or environmental conditions
213. Reading cartoons or comics
214. Reading sacred works
215. Rearranging or redecorating my room or the house
216. Selling or trading something
217. Snowmobiling or riding a dune buggy/ATV
218. Social networking
219. Soaking in the bathtub
220. Learning or speaking a foreign language
221. Talking on the phone
222. Composing or arranging songs or music
223. Thrift store shopping
224. Using computers
225. Visiting people who are sick, shut in, or in trouble

Other:
Create Your Crisis Survival Kit for Home, School, or Work

List below 10 “tools” that go into your home crisis survival kit. Choose from your Distract with Wise Mind ACCEPTS skills, your Self-Soothe skills, your IMPROVE skills, and your TIPP skills. Take a shoebox, sturdy bag, or basket and place the relevant items inside: for example, your iPod, a stress ball, your favorite scented lotion or aftershave, picture of your favorite vacation spot, a favorite magazine, a crossword book, herbal tea bags, a favorite piece of candy, a relaxation CD or DVD.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Create a smaller version of your kit for school or work that fits in a pencil case or lunchbox. Consider items that can be used at your desk: for example, multicolored rubber bands to stretch; paper and pens for doodling; a mini-pack of playdough; a squeeze ball; silly putty; a list of visual stimuli in your class or office that can distract or soothe you; snacks to self-soothe; a list of friends, teachers, counselors, or colleagues you can approach when you have a break.

1. 
2. 
3. 
4. 
5. 
6. 

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