



STOP Skill



S_{top}

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

T_{ake 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.

O_{bserve}

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?

P_{roceed 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 Adapted from an unpublished worksheet by Francheska Perepletchikova and Seth Axelrod, with their permission.

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)

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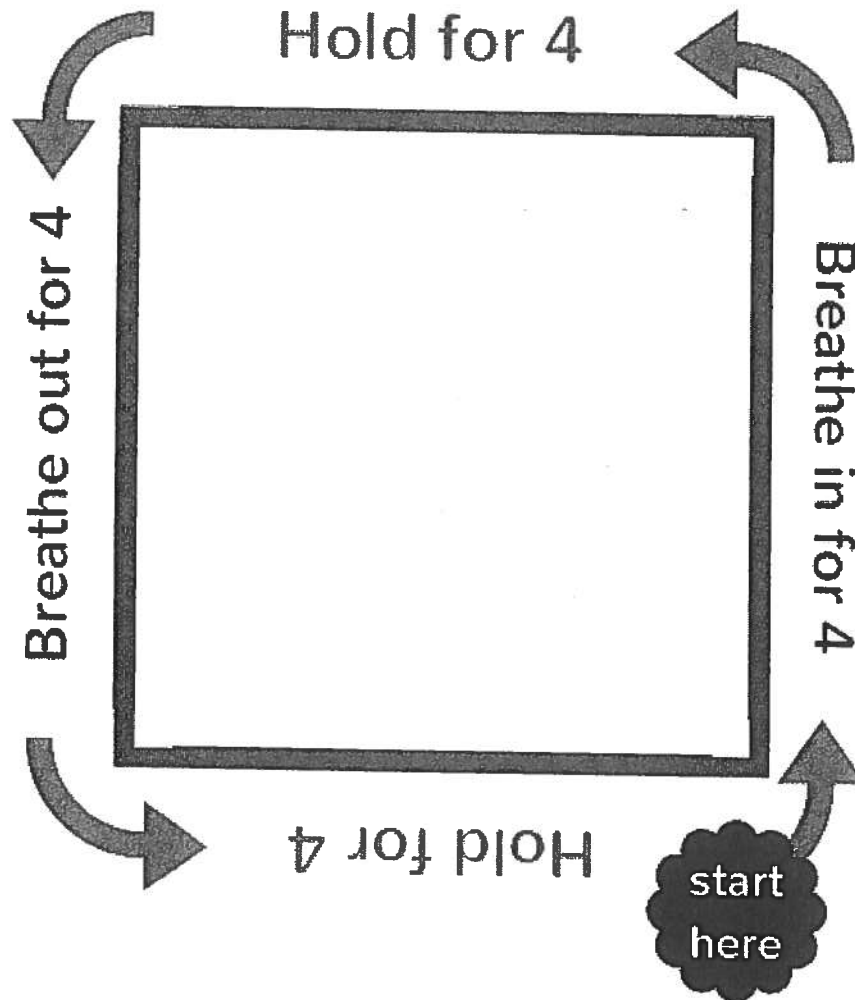
Paced Breathing

- **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.

SQUARE BREATHING



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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DISTRESS TOLERANCE HANDOUT 7



(Distress Tolerance Worksheets 5–5b)

Distracting

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

With **A**ctivities:

- 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 **C**ontributing:

- 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 **E**motions:

- 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 **P**ushing 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 **T**houghts:

- Count to 10; count colors in a painting or poster or out the window; count anything.
- Repeat words to a song in your mind.
- Work puzzles.
- Watch TV or read.
- Other: _____

With other **S**ensations:

- 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: _____



Taking Care of Your Mind by Taking Care of Your Body

Remember these as **PLEASE** skills.

**P
L**

1. Treat Physical Illness.

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

E

2. Balance Eating.

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.

A

3. Avoid Mood-Altering Substances.

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

S

4. Balance Sleep.

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.

E

5. Get Exercise.

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

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)

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)

BEST Ways to Get REST: 12 Tips for Better Sleep *(page 2 of 2)*

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. **Soak 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)

Note. For adults or adolescents. Adapted from Linehan, M. M., Sharp, E., & Ivanoff, A. M. (1980, November). *The Adult Pleasant Events Schedule*. Paper presented at the meeting of the Association for Advancement of Behavior Therapy, New York. Adapted by permission of the authors.

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EMOTION REGULATION HANDOUT 16 (p. 2 of 3)

- 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)

EMOTION REGULATION HANDOUT 16 (p. 3 of 3)

- 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. _____

