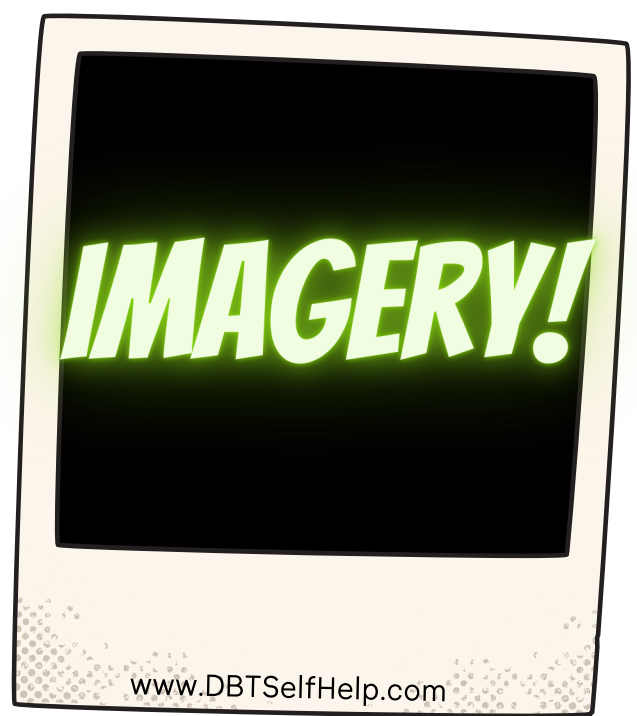


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WHEN RUMINATING ABOUT THE PAST...

*** Remember & LIST times/things you did you're proud of or were successful at**

*** Remember & LIST any good memories or people from your past who were kind/helpful**

*** Describe your safe place**

WHEN RUMINATING ABOUT THE FUTURE...

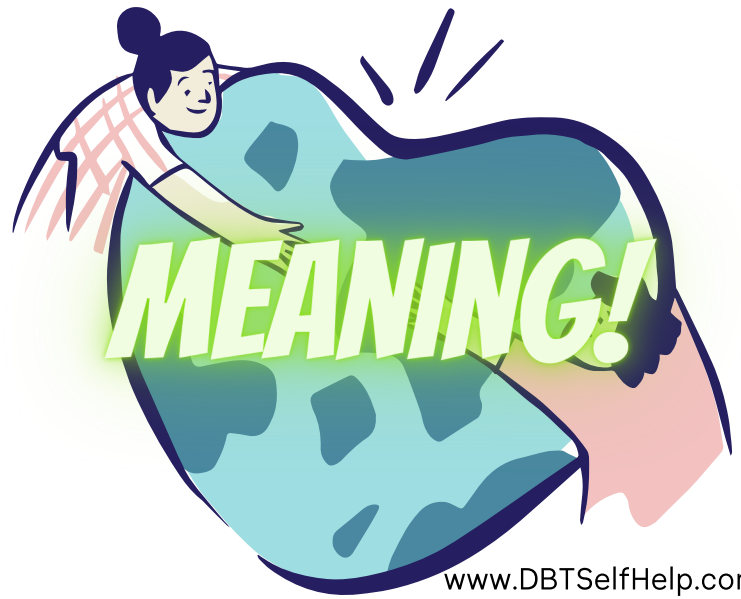
*** Imagine good things happening**

*** Imagine yourself as a superhero able to save the day**

*** Imagine that your wildest fantasy came true**

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A SILVER LINING...

✧ *What do you believe about suffering? Is there a purpose?*

✧ *What have you learned through suffering?*

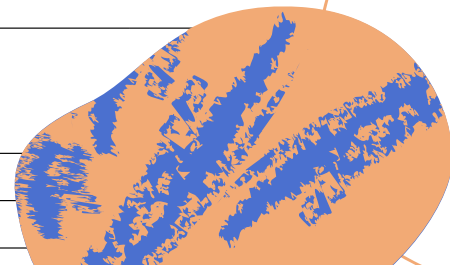
✧ *Have you ended a toxic relationship or gotten loser to anyone?*

WHAT INSPIRES YOU?

✧ *What inspires you?*

✧ *What or whom do you live for?*

✧ *How can you bring this inspiration into your daily life?*



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WITH WORDS...

 **Do the "Why Me?" prayer. How do you feel?**

 **Do the Distress prayer. Ask for help or release. How do you feel?**

 **Do the Acceptance prayer. Ask for the courage to accept what is. How do you feel?**

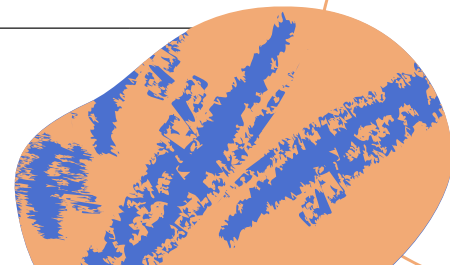
WITH MEMORIES...

 **When have you felt the presence of a higher power in your life?**

 **What are you thankful for?**



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MINDFULNESS...

*** What are your favorite Mindfulness exercises?**

*** Concentrate on your breathing. Describe what happened.**

SELF-SOOTHE...

*** How can you be kind to your body right now?**

*** Choose an activity that caters to your senses. How do you feel afterward?**

ACCEPTANCE...

*** What do you need to accept to be able to relax?**

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LETTING GO...

✧ *What painful emotions can you let go of?*

✧ *What situations do you need to accept to be in the moment?*

MINDFULNESS...

✧ *Sing a song and stay with each note, each word*

Balance an egg on the short side

Memorize something important to you

Pick a shape or a color and count every time it appears around you

Choose a random object and list 20 possible uses for it

✧ *How do you feel now?*

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MINI BREAKS...

 **What recreation can you do for 5 minutes?**

 **What can you do to relax without getting up?**

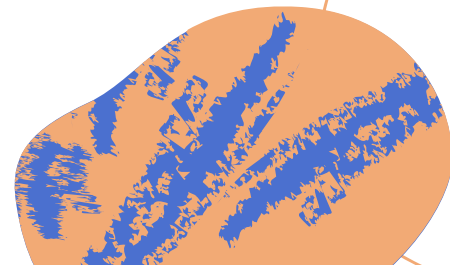
VACATION FROM ADULTHOOD...

 **What adult task can be pushed to tomorrow?**

 **What can you do to bring childlike joy into your life?**

DON'T FORGET...

 **Put a time limit on your vacation so it doesn't become avoidance!**



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ENCOURAGEMENT!

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CHEERLEADING...

 **What gets you hyped up?**

 **What would you say to a loved one or child?**

 **Write your favorite cheerleading statements or affirmations**

 **Where can you place your statements so you see them often?**
