

WELCOME TO WEEK 6 OF SIMPLE

- 1) PRACTICE WEEK: HOLES DIARY CARDS WITH BARB
- 2) DISTRESS TOLERANCE SKILLS PART 4
- 3) 2ND ANNUAL SIMPLE JEOPARDY WORLD SERIES



Love is not a noun it's a verb that needs to be
conjugated every day

“

Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.

WINSTON CHURCHILL





PROPOSITION 51



We the people of the simple course declare the results of the 2025 World Series null and void. The World Series championship will now be decided by a winner take all playoff jeopardy game between the Avondale Angels and the Zoom Zen masters to be held on November 5th 2025. The winning team will henceforth be accorded all the honors, rights and privileges attached to the tittle of simple jeopardy world champions.

YES

NO

week 1- orientation and overview- sessions 1 and 2 of simple manual.

week 2- introducing distress tolerance-p. 1-13 of dbt workbook and crisis plans-session 3 of the manual.

week 3- the theoretical foundations of the simple course. session 4, 6, and 8 of the manual.

week 4- distress tolerance p. 14-32 of dbt workbook. Suicide and self-harm session 5 of the manual.

week 5- distress tolerance p. 33-46 of dbt workbook. Introducing the second tool: holes diary cards-session 7 of manual. Our first practice: crisis plans

week 6- distress tolerance p. 47-68 of dbt workbook. finding your diary card targets- session 9 of manual. Our second practice- holes diary cards. Jeopardy championship match.

week 7- introducing personality- session 10 of manual.

week 8- distress tolerance p. 69-90 of dbt workbook. introducing chain analysis-session 11 of manual.

week 9- what shapes personality-session 12 of manual.

week 10-introducing mindfulness skills p.90-109 of dbt workbook. advanced chain analysis- session 13 of manual. our third practice-chain analysis.

week 11- attachment theory- session 14 of manual.

week 12- mindfulness skills p. 110-131 of dbt workbook. introducing rational mind remediation-session 15 of manual.

week 13- the dynamic-maturational model of attachment and adaptation- session 16 of manual.

week 14-mindfulness skills p. 131-147 of dbt workbook. reviewing all the tools-session 17 of manual. our fourth practice-rational mind remediation.

week 15-stress-session 18 of manual.

week 16-introducing emotion regulation skills p.148-182 of dbt workbook. introducing the goals diary card procedure-session 19 of manual.



MINDFULNESS PRACTICE

Feel free to skip it. Will be followed by a moment of silence

CHECK IN REGULARLY WITH YOUR **NEW** PERSONAL DASHBOARD

CRISIS RISK



WINDOW OF TOLERANCE



ENERGY RESERVES



RATING MY TARGETS

[illegible]

Spend a few moments checking in with yourself by asking:

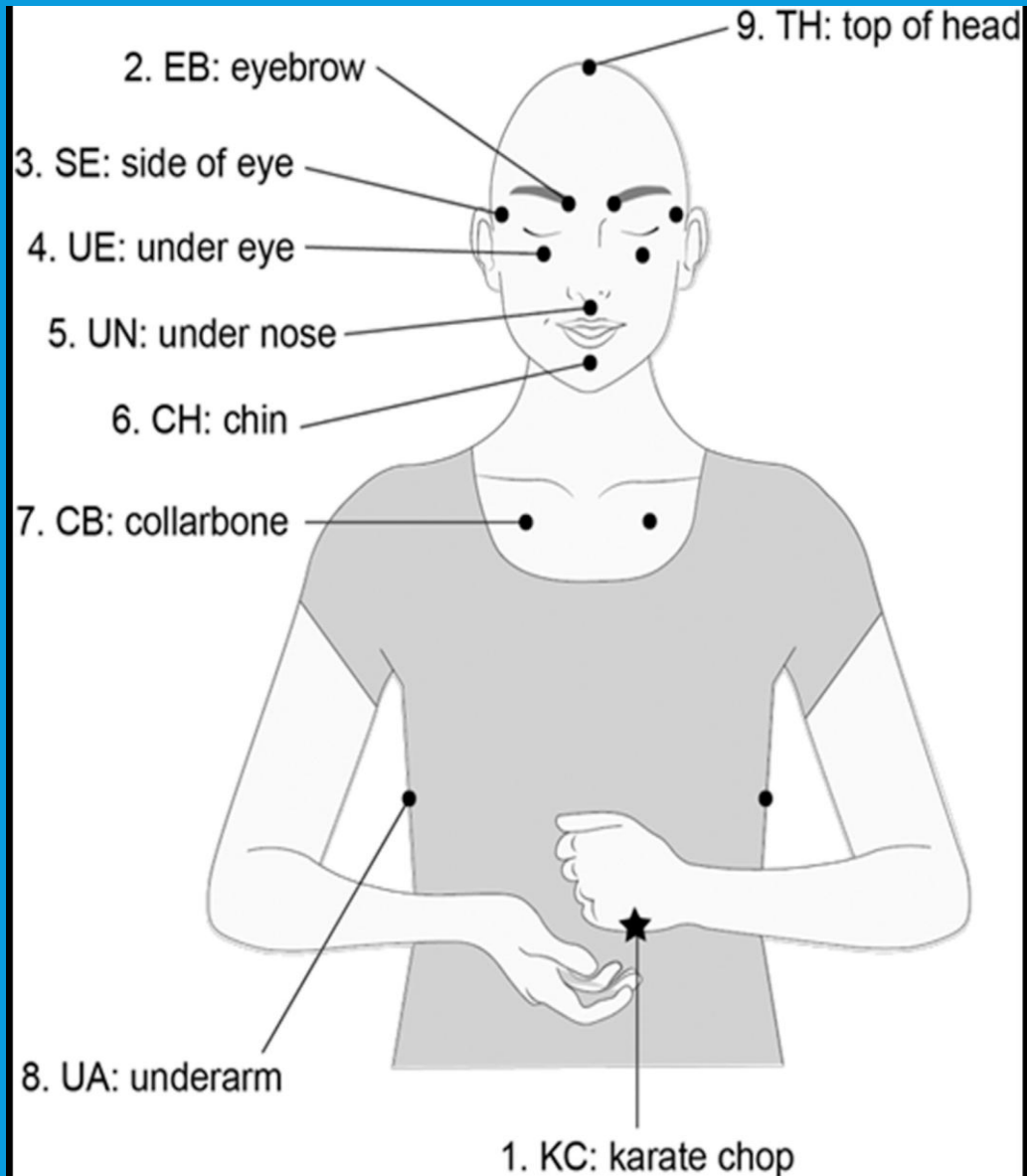
- 1) What is the current risk that I'll experience a state of crisis ?
a) Low b) Moderate c) high d) very high e) extreme
- 2) Am I in the window of tolerance?
a) Yes b) I'm a little outside c) very outside
- 3) Where is my energy tank right now?
a) Full b) $\frac{3}{4}$ c) $\frac{1}{2}$ d) near empty
- 4) Have I been tracking my targets using the holes diary card ? how would I rate my targets right now?



Learn the EFT Tapping Points

with
Jessica Ortner

EMOTIONAL FREEDOM TECHNIQUE



EFT tapping is used to reduce stress, anxiety, pain, or distressing emotions. It involves:

1. Focusing on an emotion, thought, or physical sensation that's bothering you. Consider using your holes diary card target as your focus;
2. Tapping lightly on specific acupuncture meridian points on the body while repeating calming statements.

Step-by-Step Instructions

1. Identify the issue

Choose a single problem to focus on, something you can feel emotionally or physically right now (e.g., "I feel anxious about tomorrow's meeting"). Consider if you might use one of your holes diary card targets.

2. Rate the intensity

On a 0–10 scale, rate how strong the emotion or discomfort feels right now.
(This helps you gauge change after tapping.)

3. Create your setup statement

This combines self-acceptance with acknowledging the problem. For example:

“Even though I feel anxious about tomorrow’s meeting, I deeply and completely accept myself.”

You’ll repeat this phrase three times while tapping on the karate chop point.

4. Locate the tapping points

Use two or three fingers to tap about 7–10 times on each point while repeating a reminder phrase (a short version of your issue, like “this anxiety”).

Here are the standard points, in order:

1. Karate Chop Point – side of hand (fleshy part under the pinky)
2. Top of Head – crown of the head
3. Eyebrow – inner edge of eyebrow near the bridge of the nose
4. Side of Eye – outer edge of the eye socket
5. Under Eye – directly below the pupil
6. Under Nose – between nose and upper lip

7. Chin – between lower lip and chin
8. Collarbone – about an inch below and to either side of the collarbone knob
9. Under Arm – about four inches below the armpit (bra-line for women, mid-rib for men)

You can tap on one side or both; either is fine.

5. Perform the tapping round

Say your reminder phrase (“this anxiety,” “this sadness,” etc.) as you tap through each point in order.

6. Re-rate the intensity

After one or two rounds, pause and rate your intensity again (0–10).
If it hasn’t dropped enough, adjust your phrase to reflect progress:

“Even though I still have some of this anxiety, I accept myself.”

Repeat until the rating drops to a comfortable level (often below 2–3).

Optional Finishing Steps

- Take a deep breath, place your hand on your heart, and notice any shift in your body.
- You might end with a positive round (e.g., “I’m open to feeling calm and confident now.”)

Tips

- Tap gently, enough to feel contact, not to cause soreness.
- Stay focused on the issue, not on “getting rid of it.”
- If strong emotions arise, pause and breathe.
- You can use EFT for many issues, stress, pain, cravings, self-doubt, anger, etc.

A stack of colorful sticky notes (pink, yellow, blue, orange, green) is piled on a brown corkboard. The topmost pink sticky note has the words "DON'T FORGET" written in bold, black, hand-drawn capital letters. A thick black horizontal line is drawn underneath the word "FORGET".

**DON'T
FORGET**

HOMEWORK FROM LAST WEEK

Submit

- Submit questions or comments to itssimple2023@gmail.com

Read

- Skills training workbook p. 47-68 (from “live in the present moment to create an emergency coping plan) Simple manual session 9

Have

- have targets in your diary card and use it.

Continue

- Continue reviewing and practicing your crisis plans

HOMEWORK FOR THE COMING WEEK

Submit	Submit questions, comments or feedback to itssimple2023@gmail.com
Read	Simple manual session 10 introduction to personality
Have	Have your targets in your diary card and use it daily
Continue	Continue reviewing and practicing your crisis plans.
Continue	Continue tracking all the skills you've learned using your skills list



REMINDER PARTICIPANT AGREEMENTS

- If you have questions, comments, or feedback, please save them for the two question periods. You can put them in the chat box or raise your real/virtual hand.
- Keep comments, questions, and feedback relatively brief so everyone has a chance to participate.(one breath sharing)
- If you're on zoom, make sure no one can overhear what is being said
- For reasons that will become clear later in the course please avoid giving advice to other participants about what they should or should not do. Validation, encouragement , and understanding are however very much appreciated.

BE ON TIME Late entries to the video conference interrupt the lesson. 	MUTE YOUR MICROPHONE This helps reduce background noise and allows everyone to hear the speaker. 
TURN ON YOUR VIDEO Please make sure you are dressed appropriately. 	JOIN FROM A QUIET PLACE Try to avoid places with a lot of activity and distractions. 
BE PREPARED It is difficult to participate or ask for help if you are behind with your work. 	RAISE YOUR HAND Let your teacher know if you have a question or want to comment. 
USE THE CHAT FEATURE RESPONSIBLY Remember – a record is kept of everything you post in the chat. 	BE RESPECTFUL Everyone deserves to have a safe learning environment. Be kind in everything you say, post, and do online. 
USE YOUR FIRST AND LAST NAME Please rename yourself in Zoom with your first and last name.	

WEEKLY ANNOUNCEMENTS



- Reminder- Roger, the Avondale church custodian, asked us to kindly bring our indoor footwear and leave our outdoor shoes/boots under the bench at the entrance now that it's about to get yucky.
- So as to not overwhelm you, this week we won't introduce any new material.
- Crisis plans and holes diary cards very important. We want to make sure everyone understands how to do them.
- Next week we'll start a discussion of a key topic: understanding your personality, or what shapes and how you can change your thoughts, feelings and behaviors.

WEEKLY ANNOUNCEMENTS



- In today's poll we'll ask you if you're interested in a "homework group"
- We'd hold it just before the Boing group on Monday. Boing starts at 1 pm the homework group would start at 12:30 and run until 1.
- The purpose of the group would be to encourage you to keep up with the skills and tool homework by being accountable and having a place where you can share the obstacles you're encountering and find strategies and encouragement to overcome them.
- We would pair people up (using breakout rooms for those on zoom) and Dr. Cleto would be around to answer any questions. (he would bring his lunch and you could too)
- To start and keep this going we would like to have at least 8 people.
- If you want to do boing but don't want to do homework group, just join us at the regular time 1 pm

WEEKLY ANNOUNCEMENTS



- We had our second boing group this past Monday. 17 people came.
- We worked on finding targets for holes diary cards.
- People felt that the discussion helped them understand and find their targets and start doing their holes diary card.
- Next Monday we can talk about any of the material we've covered so far; the distress tolerance skills, crisis plans, holes diary cards, the techniques and strategies, suicidal thinking and self-harm.
- Anything else you can think of.
- Email us questions or subjects you'd like to talk about or let us know what they are when we do boing check-in.

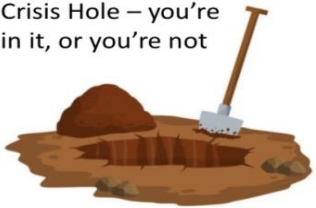
SESSION 5 SUMMARY

MORE DISTRESS TOLERANCE SKILLS:

1. Safe-place Visualization – imagining yourself in a safe environment
2. Cue-controlled Relaxation – using a word or phrase to signal to your body that it's time to relax
3. Rediscovering Your Values – using the Valued Living Questionnaire and the Committed Action Worksheet to realign your life with your values
4. Rehearsing Value-based Behaviour – using the **editing, splicing, and pasting technique** is Cognitive Rehearsal
5. Connecting with your Higher Power – faith in YOUR higher power can give you a sense of meaning that helps you to cope with stress

2nd SIMPLE TOOL: Holes Diary Cards

Crisis Hole – you're in it, or you're not



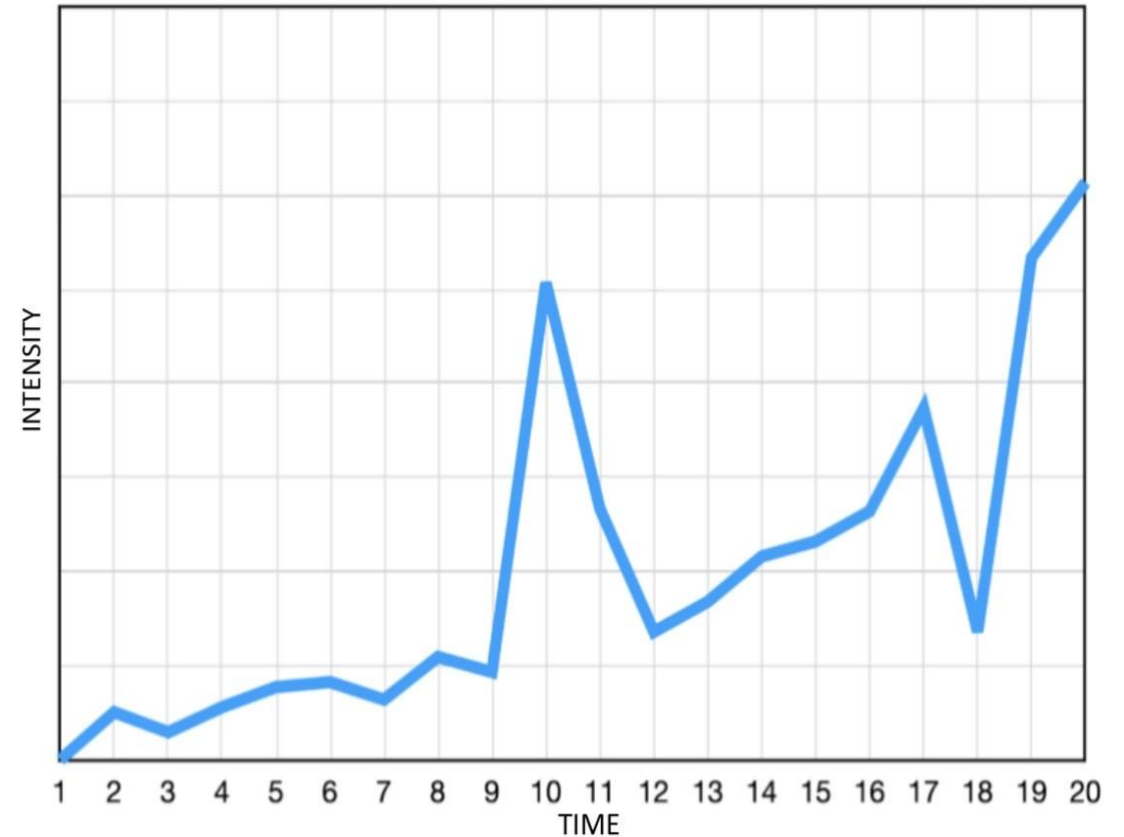
Diary Cards – staircase with steps because there is a spectrum of severity of dysregulated feelings / thoughts / behaviours

Targets for change can be more severe and closer to crisis OR less intense and closer to the window of tolerance.

Targets can be

- Dysregulated Feelings
- Dysregulated Thoughts
- Dysregulated Behaviours
- Maladaptive Coping Strategies

Topography is how the intensity of the emotion changed over time.



Crisis Plans are for when you're at the bottom of a hole, whereas, Diary Cards will help you become more mindful of when your problematic thoughts / feelings / behaviours arise before you're in full-on crisis.

This is where you will start to see patterns, make changes, and develop your self-awareness with practice.

E-MAILED QUESTIONS, COMMENTS, FEEDBACK, HOUSEKEEPING



- If I'm on zoom, do I need to have my camera on all the time?

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USE YOUR FIRST AND LAST NAME Please rename yourself in Zoom with your first and last name.	

ZOOM PARTICIPANT AGREEMENT

- Please mute your microphone when not using it
- Please have your camera on at the beginning of the session and during question period . You may turn it off during PowerPoint slide presentations or if you need to step out of the group. It's important that we see each other so that we can establish trust and ensure confidentiality.
- Please make sure no one at your end who is not taking part in the course can see or overhear other group participants .
- When you have questions, comments, feedback please chat them to the co-leaders or save them for the question periods when you can raise your hand icon and wait until one of the co leaders gets to you.

- If I'm on zoom, do I need to sign in with my name or can I just leave it in the default setting such as "iPhone" or "iPad"?

SIMPLE COURSE CODE OF CONDUCT AGREEMENT (all participants)

- Everyone in the course will strive to interact with others in a kind and respectful manner. We will strive to validate, avoid judgments and assume the best about each other.
- Personal information, including names, should not be discussed with anyone outside of the course. What happens in simple stays in simple.
- Participants are encouraged to arrive on time and stay until the end of the session.
- Participants are encouraged to do the assigned homework between sessions.
- If you are doing the course in person and become ill with a potentially transmissible condition, please do the course virtually until you are well. (If you need the zoom link, please email us)
- Active participation is encouraged but not necessary. (you don't ever have to say anything)
- During discussions participants may provide examples from their own experiences. Please keep in mind, however, that discussing some subjects such as traumatic relationships, self-harm, suicide, substance abuse etc. may trigger others. (save this for boing)
- If in person course participants needs to leave the room to take a reregulation break, please let the facilitators know .
- In person course participants will strive to avoid side conversations when another individual is speaking.
- Course participants are encouraged to not engage in dysregulated behaviors with other participants outside of the course.
- Course participants are encouraged to avoid forming new romantic relationships with other participants for the duration of the course.
- Course participants are strongly discouraged to attend sessions under the influence of drugs or alcohol.
- If you are doing the course in-person, please legibly write your first and last name on the attendance sheet as you come into the room. **If you are doing it virtually, please enter your first name and the initial of your last name on the screen.**(for obvious reasons we don't want to let people not registered for the course into zoom.)

E-MAILED QUESTIONS, COMMENTS, FEEDBACK, HOUSEKEEPING



- I was thinking about the practice with Chris last week and I'm trying to understand why people who have parents they can't rely on or trust are so much more susceptible to developing mental health problems when they then experience traumatic events?

- I was thinking about the practice with Chris last week and I'm trying to understand why people who have parents they can't rely on or trust and have attachment issues as a result, are so much more susceptible to developing mental health problems when they then experience traumatic events?
- When something frightening or overwhelming happens, your body's alarm system, the fight, flight, or freeze response, gets switched on. It's your body's way of keeping you safe from danger.
- But if you've been through trauma, your body may start to believe that danger is always nearby. Even when you're not in real danger, your system stays partly stuck in fight, flight, or freeze mode. You feel tense, anxious, or shut down more often than calm and relaxed.
- Now, attachment adds another layer. Normally, when we're scared or upset, we look for comfort and safety in someone we trust. But if, early on, we learned that comfort wasn't really available, or that people could hurt or reject us instead, then our system gets an extra painful message: "When I'm scared, there's nowhere safe to go."
- So, trauma says: "The world isn't safe."
- And insecure attachment says: "People aren't safe either."
- When, for a person, both are true, the body and emotions have nowhere to rest. This is why people with attachment wounds often have more trouble calming down after trauma and can end up feeling emotionally overwhelmed or out of control for long periods of time.

WHAT WE WILL DO TODAY



- Practice with Barb: holes diary cards
- Skills training workbook p. 47-68 with Joan and Nicole: distress tolerance part 4 - advanced distress tolerance continued:
- 1. Live in the present moment
- 2. Use self encouraging coping thoughts.
- 3. Radical acceptance.
- 4. Self affirming statements
- 5. Feelings – threat balance
- 6. Create new coping strategies.
- 7. Create an emergency coping plan
- World series of Simple Jeopardy with your hosts Joan and Nicole
- Kate's summary

PRACTICE SESSIONS SCHEDULE

preparation

2. Today

Holes diary cards

Barb H.

3. Week 10 December 3

November 26, 1:30

Chain analysis

Ashley S.

4. Week 14 January 14

January 7, 1:30

Rational mind remediation

Helga H.

5. Week 18 February 11

February 4, 1:30

goals diary card

6. Week 25 April 15

April 8, 1:30

IFS workbook 1

Elaine S.

7. Week 26 April 22

April 15

IFS workbook 2

Dinko T.

8. Week 27 April 29

April 22

IFS workbook 3

9. Week 28 May 6

April 29

IFS workbook 4

10. Week 32 June 3

May 27 1:30 PM

Wise mind remediation

Week 6 POLL

1. How useful was this meeting? (Multiple choice)

Extremely useful (10/10) 100%



Somewhat useful (0/0) 0%



Not useful at all (0/0) 0%



2. How useful was this course?

Extremely useful (10/10) 100%



Somewhat useful (0) 0%



Not useful at all (0) 0%



- In today's poll we ask if anyone is interested in attending a "homework group"
- It would be held just before the Boing group on Mondays. Boing starts at 1 pm, the homework group would start at 12:30 and run until 1.
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- To start and keep this going we would like to have at least 8 people.
- If you want to do boing but don't want to do homework group, just join us at the regular time 1 pm

PRACTICE USING SKILLS TOOLS AND STRATEGIES



HOLES DIARY CARDS AND TARGETS
with Barb.

THE HOLES DIARY CARD

A QUICK REVIEW



THERE'S A HOLE IN MY SIDEWALK

A central metaphor in the course

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same Street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But it isn't my fault.
It still takes me a long time to get out.

I walk down the same Street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

I walk down the same Street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another Street."

Portia Nelson (2)

Targets for change

Days of the month

31

Diary Card - Hole Targets

Month: January

[illegible]

Notes:

MODIFIED HOLES DIARY CARD

[illegible]

M	MORNING
A	AFTERNOON
N	NIGHT

NEUTRAL	
MILD	
MODERATE	
SEVERE	

DIARY CARD

Date:

Date:		Good-Bad	Good-Bad	Good-Bad	Good-Bad	Good-Bad	Good-Bad		
		0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	0 - 10	Events Durning Day	
Monday	M								
	A								
	N								
Tuesday	M								
	A								
	N								
Wednesday	M								
	A								
	N								
Thursday	M								
	A								
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M
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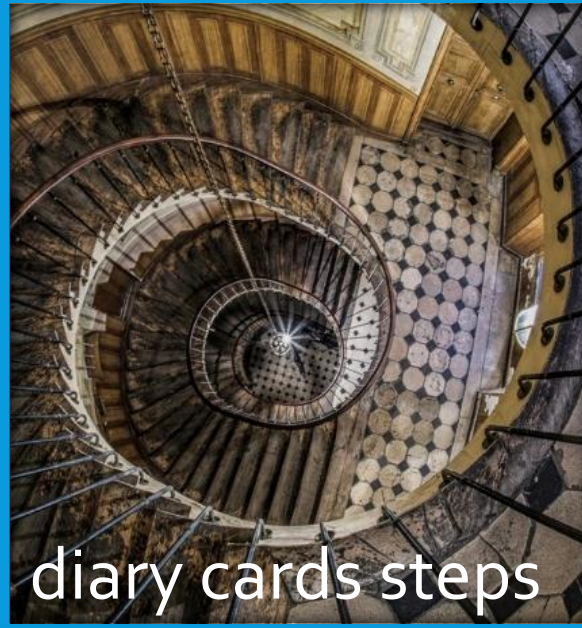
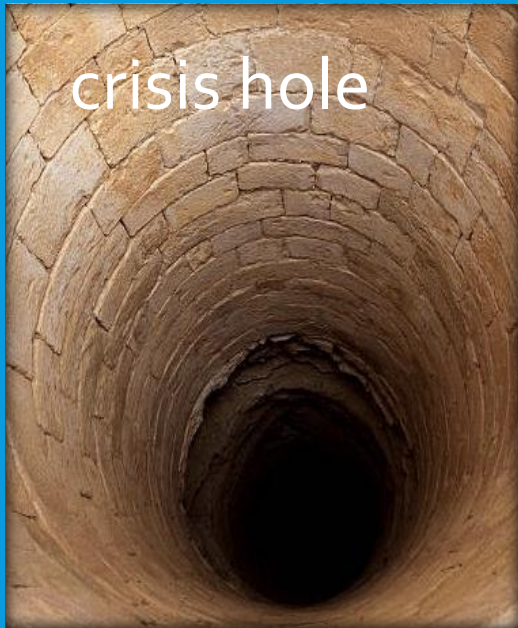
MORNING
AFTERNOON
NIGHT

NEUTRAL
MILD
MODERATE
SEVERE

TOWNS	MONTH:																											
	DAY OF THE WEEK																											
		Day of the Week		MON			TUES			WED			THURS			FRI			SAT			SUN				Hole Severity		
		Time of Day		AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM				
																												Neutral
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	Significant notes or patterns:																											
	MONTH:																											
DAY OF THE WEEK																												
	Day of the Week		MON			TUES			WED			THURS			FRI			SAT			SUN				Hole Severity			
	Time of Day		AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM	AM	AFT	PM					
																											Neutral	
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																											Moderate	
																											Severe	
Significant notes or patterns:																												

Week of	M	T	W	T	F	S	S		Impact			How Often?
Holes									Low	1		0
Intrusive Thoughts/ANTS		4							Cautious	2		0
Guilt/Shame			4						Moderate	3		0
Disconnecting									Escalated	4		2
Fear									High	5		0
Anger												
Panic												
Recrimination												
Paranoia												
Over-Eating												
Fragile												
Cynical/Judgemental												
Week of	M	T	W	T	F	S	S					
Holes												
Intrusive Thoughts/ANTS												
Guilt/Shame												
Disconnecting												
Fear												
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Week of	M	T	W	T	F	S	S					
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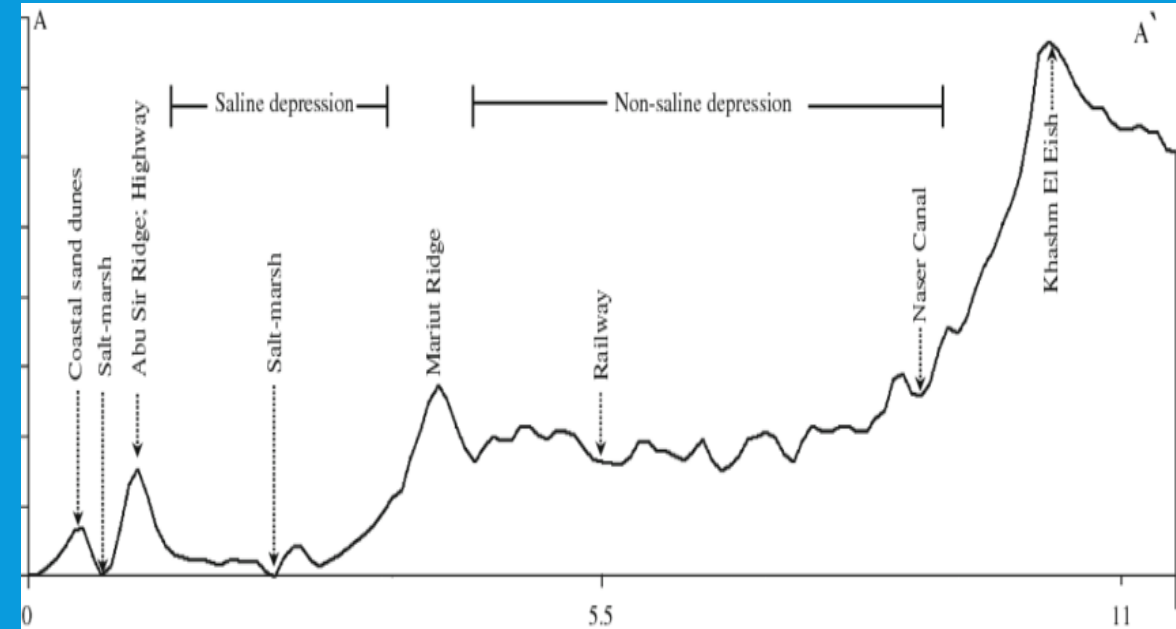
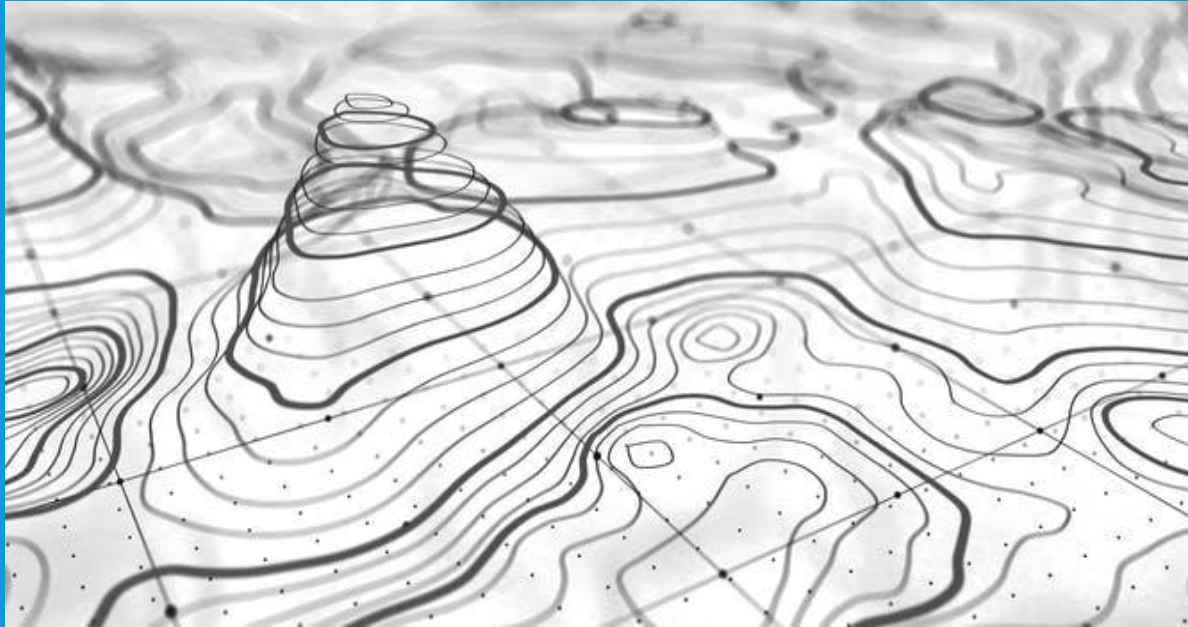
1. CRISIS PLAN HOLES AND DIARY CARD TARGETS



- Both crisis plans and holes diary cards are ways of identifying and working with the “holes in the sidewalk” we fall into. They are similar but with some differences.
- The crisis plan’s holes in the sidewalk metaphor has an all or nothing quality, either we’re in a crisis and at the bottom of the hole or we’re not in a hole at all.
- Holes diary cards are more subtle recognizing that there are many degrees of severity or intensity of dysregulated feelings, thoughts, and behaviors. In that way, they are like a spiral staircase rather than a hole.
- Because of this, the metaphor we use for crisis is that of a “hole”, while the one we use for diary cards is of “stairs” with steps.
- In our holes diary cards, we arbitrarily choose a stairwell that has 10 steps, each step representing a different intensity of the dysregulated feelings, thoughts, or behaviors. We call these dysregulated thoughts, feelings, or behaviors **targets for change**. (or just “targets”)
- 10 is the bottom step of the stairs, 1 is the top step closest to the sidewalk. 10 is the most intense, 1 the least. When you are lower in the staircase, you’re more likely to be in crisis and outside the window of tolerance.
- If you prefer, instead of using a numerical 1-10 scale you can use colors ex. Yellow, orange, red, black, which may make it easier to visualize the intensity of the targets.

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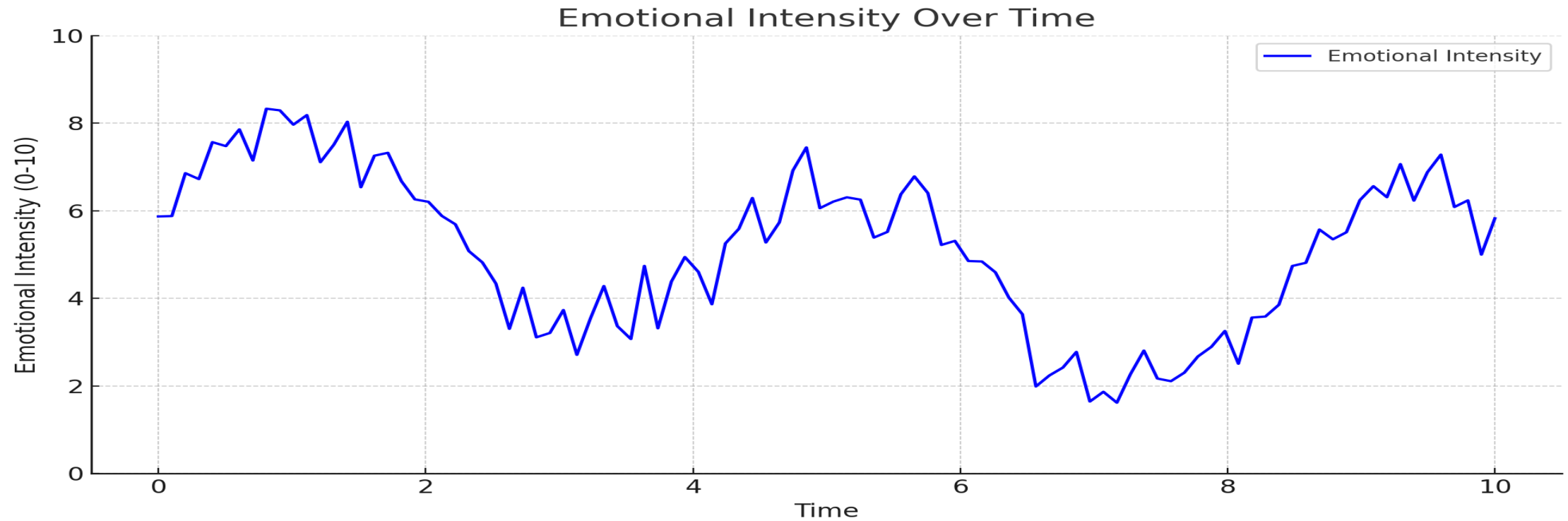
2. In geography “Topography” refers to the arrangement of the physical features, especially the elevation of a certain terrain. In simple we use the word topography to describe how the intensity of a person’s target emotions, thoughts or behaviors fluctuate over a period of time, in other words the topography tracks our journey up and down the stairwell over time.



- The “topography” of our target dysregulated feelings, thoughts, or behaviors, can be depicted as a graph in which the horizontal axis is time while the vertical is the variation in intensity of our feelings, thoughts, and behaviors.
- These variations can occur faster or slower, over the course of minutes, weeks or even months and years.

TOPOGRAPHY

Emotional Intensity Over Time



3. FINDING YOUR TARGETS FOR CHANGE



DIARY CARD TARGETS
=
CRISIS PLAN HOLES



- Diary cards targets are similar to crisis plan holes.
- As we said earlier, however, there is a slight difference: crisis plan holes are all or nothing, you're either in a crisis or you're not, diary card targets vary in intensity from mild to severe.
- Like crisis plan holes, diary card targets are dysregulated physical states, emotions, thoughts, behaviors, or maladaptive coping strategies, that recur in your life, and that you have decided are problematic and want to change.
- Examples of holes diary card targets include substance abuse, gambling, or any other addiction. Engaging in dysfunctional social interactions. Self-blaming, and rumination. Excessive irritability or anger towards others. Notice how these overlap with crisis plan holes.
- Targets can also be any of the holes suggested in the checkboxes in item 1 of the crisis plan template : anxiety, anger, despair, problems with boundaries, impulsive behaviors, behaviors a person later regrets, withdrawing/running away, and thinking of/actually hurting self/others.
- In other words, you can use as your diary card targets the holes you chose to work with in your crisis plans.

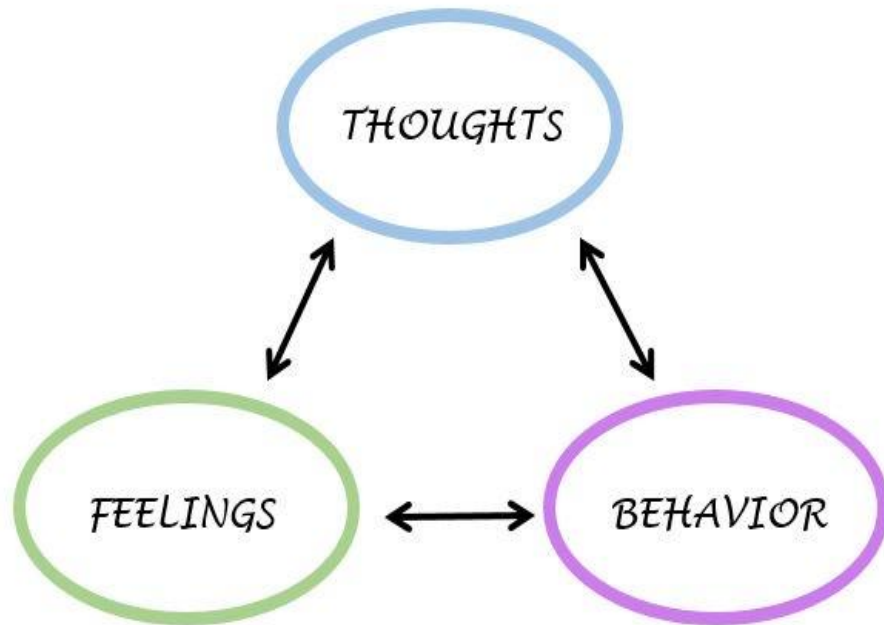
3 TYPES OF DIARY CARD TARGETS



- There are beginner, intermediate, and advanced diary card targets. All the examples we have gave above are intermediate targets.
- If you have trouble finding an intermediate target, use a “beginner target” in your diary card instead.
- Beginner targets are more generic and catch-all than intermediate ones. They are easier to use than the more specific intermediate targets. Beginner targets include struggling, feeling bad, being upset, losing it, getting into trouble, or falling into a hole. Start with one of these.
- We won’t discuss advanced targets until later in the course when we explore internal family systems part selves. If you don’t know what IFS is, don’t worry, we’ll get to it.

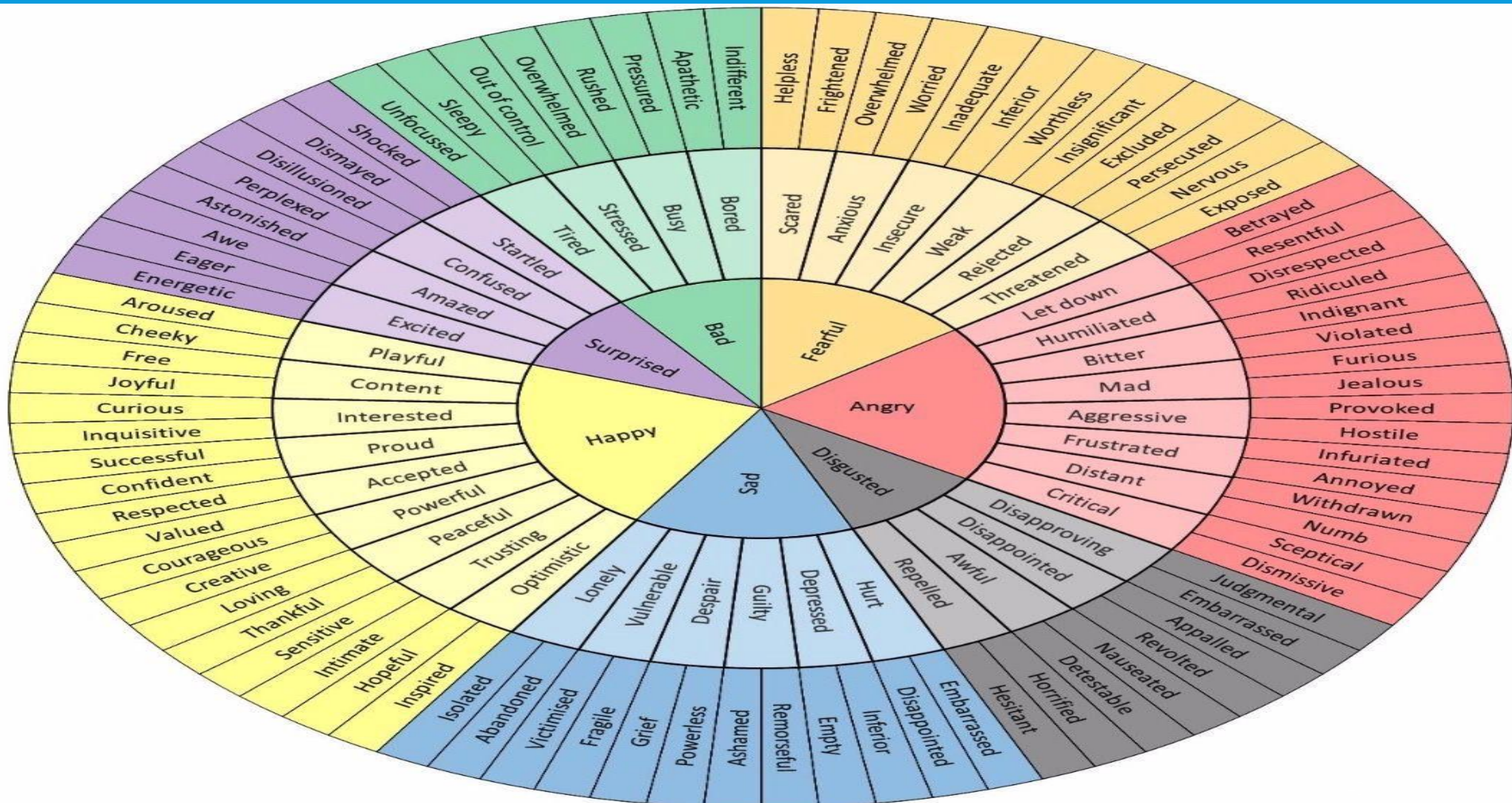
DIARY CARD TARGETS

The Cognitive Triangle



- Like crisis plan holes, diary card targets can be:
- 1. **Feelings:** to help you identify your feelings consult the wheel of feelings (see below) which we also used in trying to identify crisis plan holes.
- 2. **Thoughts:** consider ANTS or automatic negative thoughts (below)
- 3. **Behaviors:** consult externalizing vs. internalizing behaviors (below)
- 4. **Maladaptive coping strategies:** are defined as coping strategies that in the short term decrease your distress but increase it over the long term. Ex. Substance use, self-harm, unhealthy eating.

Which feelings from the wheel of feelings do you experience frequently and not necessarily when circumstances entirely merit it?



Which thoughts from among the ANTS (below) do you frequently have and not necessarily when circumstances entirely merit it?

WHAT ARE ANTS?

Automatic Negative Thoughts

"He's always putting me down."



"I won't get this done on time. I just won't try."



"You never listen to me."



"Nobody could love me."



"I'm so stupid."



"I feel like staying in bed, but I should go to the gym."



"I'm a failure."



"No one understands me."



"I'm so annoying."



"Why try? I'm awful at this."



"I shouldn't get upset over this."



what is a thinking error?



ALL OR NOTHING
I am perfect or a failure, and so is everyone else.



BLAMING
It is too hard to accept responsibility for my feelings so I will blame others for my pain.



EMOTIONAL REASONING
I feel it so it has got to be true!



OVERGENERALIZATION
Making a broad rule after a few instances of mistakes or problems.



MIND READING
I am certain of their thoughts and motivations. I don't need to consider other possibilities.



SHOULDs AND MUSTs
There is a way life 'should' be. I must rigidly follow the rules and so must everyone else.



FILTERING
Ignoring all the positive aspects of a situation and focusing a single negative detail or details.



CATASTROPHIZING
I expect the worst will happen every time.

These are a few examples of cognitive distortions, aka thinking errors.

Recognizing when you are using thinking errors and replacing them with more balanced thoughts can help manage depression and anxiety.

Which behaviors from the lists below do you frequently have and not necessarily when circumstances entirely merit it?

Externalizing and Internalizing Behaviors and Emotions

Externalizing:

- Aggression
- Tantrums
- Defiance
- Noncompliance w/ rules
- Disobedience
- Lying & stealing
- Destructiveness
- Self-control difficulties

Internalizing:

- Withdrawal
- Limited activity levels
- Fixated on certain thoughts
- Avoidance of social situations
- Anxiety
- Depression
- Inappropriate crying

Externalizing vs. Internalizing Behavior

Externalizing Examples

1. Aggression
2. Arguing
3. Defiance/Non-compliance
4. Disruption (out of seat, calling out)
5. Excessive activity
6. Not following directions
7. Stealing
8. Tantrums

Internalizing Examples

1. Fearful
2. Sad or depressed
3. Limited social interactions
4. Does not participate
5. Overly shy or timid
6. Self-injurious
7. Teased or bullied
8. Withdrawn

HOW TO FIND YOUR INTERMEDIATE TARGETS ALGORITHM



- 1. Think about a time when you have been in a hole or crisis, outside the window of tolerance, “lost it”, “struggled”, “felt bad”, “got into trouble”, or were “very upset”. (in other words, start with a beginner targets)
- 2. When this happened, what were your dominant feelings, thoughts, or behaviors? (use the wheel of feelings, thinking errors and ANTS, and the internalizing and externalizing behaviors slides to help you)
- 3. From these choose from 1 to 3 feelings, thoughts, or behaviors that a)you experience frequently, b)are problematic for you, and c)you want to change.
- 4. These are your intermediate targets.
- Intermediate targets change over time so go through this same process occasionally especially if your life circumstances are changing.

[illegible]

- 47

5. MAKING DIARY CARDS A HABIT

If you do not change
direction, you may end up
where you are heading.

Lao Tzu

HOW TO DEVELOP A *Habit*

1 COMMIT

DECLARE THE HABIT YOU WANT TO DEVELOP AND WRITE IT DOWN AS A FORM OF COMMITMENT.

2 STATE YOUR "WHY"

STATE YOUR MOTIVATIONS FOR DEVELOPING THIS HABIT AND HOW IT'LL BENEFIT YOU.

3 IDENTIFY THE CUE

IDENTIFY WHAT WILL GET YOUR HABIT GOING EVERY SINGLE TIME — THE TIME OF THE DAY, A LOCATION, AFTER AN EVENT/ACTION, OR SOMETHING ELSE.

4 IDENTIFY REWARDS

IDENTIFY WHAT YOU'LL GET OUT OF PERFORMING YOUR HABIT EVERY TIME AND ONCE YOU'VE DEVELOPED IT FOR AT LEAST A MONTH.

5 TRACK & GROW

IT TAKES AN AVERAGE OF 66 DAYS TO DEVELOP A HABIT SO TRACK THE DAYS YOU PERFORM YOUR HABIT AND SEE HOW LONG YOU CAN MAKE THE CHAIN GO UNTIL IT BECOMES AUTOMATIC FOR YOU.

Habit TRACKER FOR THE MONTH OF _____

1 *Habit:* _____ 5

2 MOTIVATION: _____

3 CUE: _____ 4 REWARD: _____

Habit: _____

MOTIVATION: _____

CUE: _____ REWARD: _____

Habit: _____

MOTIVATION: _____

CUE: _____ REWARD: _____

Habit: _____

MOTIVATION: _____

CUE: _____ REWARD: _____

GET THIS
HABIT TRACKER
PLUS DOZENS OF
OTHER PRINTABLES!

YOUR
Best Season
PLANNER

Diary Card - Hole Targets

Month: January

[illegible]

Notes:

OUR PRACTICE
PLEASE PAUSE RECORDING

END OF HOLES DIARY CARD PRACTICE
PLEASE RESUME RECORDING

I FEEL I'M BAD: GUILT VS SHAME

- Guilt is about behavior, when you feel guilt, the focus is on “I did something wrong” (or “I failed to do something I should have done”). The self remains intact; the image is “I am a person who did a bad act,” rather than “I am bad.” Guilt invites repair, accountability, the possibility of change.
- Shame is about identity, it says “I am bad,” “I am unlovable,” “I am too much,” “I am not enough” or “I am evil”. It isn’t just “I did a bad thing” but “There is something wrong with me.”
- With guilt the response is usually to acknowledge the act, repair the relationship, and restore self-integrity. With shame, the response is more often hiding, shrinking, numbing, and protecting the “bad self” from exposure and further humiliation.
- When people struggle with persistent shame, the therapeutic work isn’t simply about “reducing shame” but about using wise mind to see the shame as a result of past hurts.
- Where does shame often come from? When a child is abused or neglected by parents or caregivers’ rather than learning “I am safe, I matter, I belong” the child learns “There must be something wrong with me that led to my being abused or neglected.”
- Abused and neglected children don’t blame or stop loving their caregivers, they blame and stop loving themselves.
- From this type of shame come many longstanding difficulties such as an inability to love or trust, constant self-criticism, perfectionism, hiding and avoidance and the use of numbing strategies to cope.

OUR RESPONSE TO OTHER'S HURT: EMPATHY VS COMPASSION

- Empathy is feeling with or sensing and experiencing another person's emotional state. Our emotion matches their emotion. When we're empathic with someone outside the window of tolerance we are also outside the window of tolerance. Empathy can therefore lead to "empathic distress".
- Compassion is feeling for or caring and wanting to alleviate another person's suffering while remaining in the window of tolerance.
- Empathy is more likely to produce kindness and the willingness to help when it is accompanied by compassion.
- Understanding the difference between empathy and compassion helps us shift from "I feel your pain/you are your pain" to "I see your pain, I walk with you, I hold you, and we imagine healing, repair, transformation".
- For people carrying a lot of shame which says "I am bad," "I'm too much," "I'm alone in this" another's empathy shares that "badness," potentially reinforcing it. Compassion on the other hand says "I see your pain, it does not define you, you matter, we are in this together."
- Compassion says "I am with you" rather than "I am merging with you." This helps the compassionate person not burn out while still being emotionally available.
- Metaphorically empathy is like entering the hole in the sidewalk of a wounded person and feeling the pain with them; compassion is lighting a flashlight in the hole, sitting with the person, offering a hand, and encouraging them to find the way out. This is therapy!

A NEW HARBINGER SELF-HELP WORKBOOK

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The Dialectical Behavior Therapy Skills Workbook

SECOND EDITION

Practical DBT Exercises for
Learning Mindfulness, Interpersonal
Effectiveness, Emotion Regulation
& Distress Tolerance

MATTHEW M^CKAY, PhD • JEFFREY C. WOOD, PsyD
JEFFREY BRANTLEY, MD



NICOLE



JOAN

UPDATED PERSONAL SKILLS LIST

Distress tolerance skills, so far

1. Grounding skills- Set a daily intention
2. “ - Sensory soothing toolkit
3. “ -The 5,4,3,2,1 method
4. “ -The emotional freedom technique
5. REST (or PEST) Pause
6. Radical acceptance statements (please specify)
7. Distraction plan “
8. Self-soothing plan
9. Safe place visualization
10. Cue controlled relaxation
11. Rediscovering your values (please specify)
12. Rehearse values-based behavior or edit/splice/paste
13. Connect with your higher power “

UPDATED PERSONAL SKILLS LIST

Distress tolerance skills, today

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 8. Self-soothing plan
 9. Safe place visualization
 10. Cue controlled relaxation
 11. Rediscovering your values (please specify)
 12. Rehearse values-based behavior or edit/splice/paste
 13. Connect with your higher power
 14. Live in the present moment
 15. Use self-encouraging coping thoughts
 16. Radical acceptance
 17. Use self-affirming statements
 18. Balance feelings and threat
 19. Create new coping strategies
 20. Create an emergency coping plan
- There is a lot of redundancy in the course. Meaning we repeat the same thing in different ways.
 - For example, skill 12 = edit/splice/paste technique
 - Self-encouraging coping thoughts and self-affirming statements are part of rational mind remediation
 - Mindfulness skills are built into tools etc.
 - See skills list and review on website

The DBT Diary

Note how many times each day you use these key skills. For items marked with *, briefly describe what you did in the “Specifics” column. Make copies of the blank diary before using it and do your best to complete one every week.

Core Skills	Coping Strategies	Mon.	Tues.	Wed.
Distress Tolerance	Stopped Self-Destructive Action			
	Used REST Strategy			
	Used Radical Acceptance			
	Distracted from Pain			
	Engaged in Pleasurable Activities*			
	Soothed Myself*			
	Practiced Relaxation			
	Committed to Valued Action*			
	Connected with My Higher Power			
	Used Coping Thoughts & Strategies* Today			X
	Analyzed Feelings-Threat Balance Today			X
	Used Physiological Coping Skills*			
Mindfulness	Practiced Thought Defusion			
	Practiced Mindful Breathing			
	Used Wise Mind			
	Practiced Beginner’s Mind			
	Practiced Self-Compassion			
	Practiced Doing What’s Effective			
	Completed a Task Mindfully			
	Practiced Loving-kindness Meditation			

DISTRESS TOLERANCE WEEK 4



- Today we review P. 47 to 68 of skills training workbook, advanced distress tolerance skills, which covers 7 topics:
- 1. Live in the present moment
- 2. Use self encouraging coping thoughts.
- 3. Radical acceptance.
- 4. Self affirming statements
- 5. Feelings – threat balance
- 6. Create new coping strategies.
- 7. Create an emergency coping plan

DISTRESS TOLERANCE

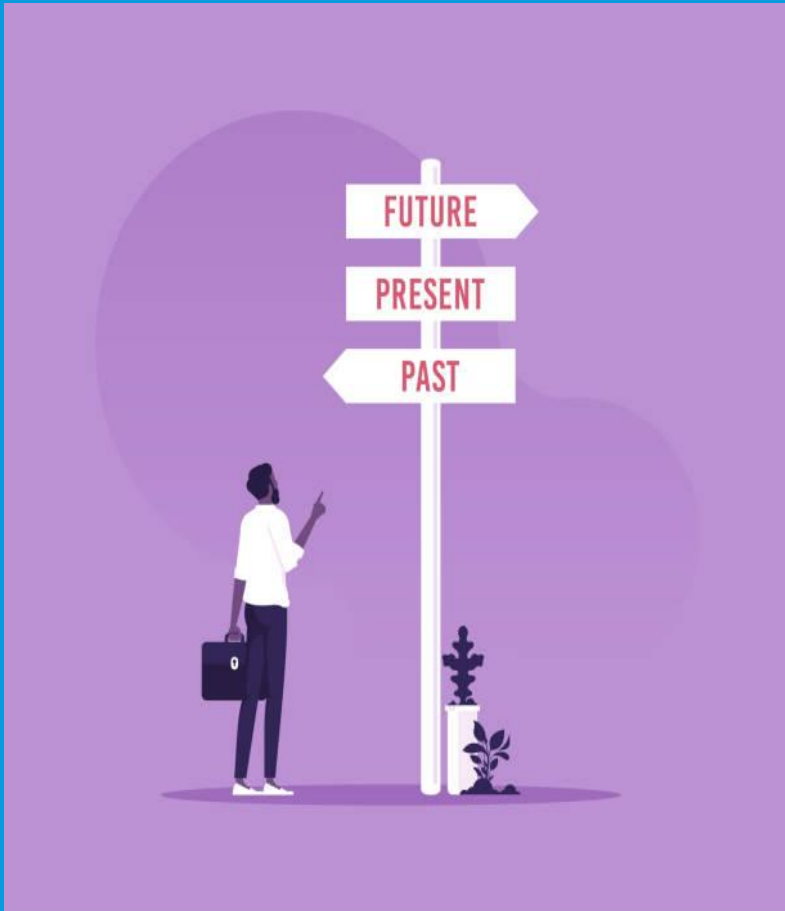
WEEK 4



- 1. Live in the present moment
- 2. Use self encouraging coping thoughts.
- 3. Radical acceptance.
- 4. Self affirming statements
- 5. Feelings – threat balance
- 6. Create new coping strategies.
- 7. Create an emergency coping plan

LIVING IN THE PRESENT

- Most people spend a lot of time mentally traveling to the past or the future
- When we mentally travel, we stop paying attention to and miss the present moment.
- “Time traveling” to the past or future not only takes us away from the present moment, but it can also bring with it lots of pain when we catastrophize or worry about something that hasn’t happened yet or ruminate on something that already has and can’t be changed.
- We can however set an intention to be mindful of and try to reduce time travelling by making it a target in our holes diary card. This can help us stay in the present moment
- If you’re feeling distressed, ask yourself if you’re time travelling.
- If you catastrophize or ruminate a lot, use these habits of mind as targets in your holes diary card. This is a good way of becoming more aware of when it’s happening



GROUNDING YOURSELF IN THE PRESENT



- If you are distressed, notice or be mindful of your thoughts, ask yourself if you are time traveling. If you bring your focus back or ground yourself to the present.
- To focus or ground yourself in the present, try:
 - 1) Noticing your breath. This returns you to the present
 - 2) Noticing your bodily sensations.
 - 3) Using any of the other distress tolerance skills you've learned (see your list)
 - 4) Practicing the "Listening to Now" and "Mindful Breathing" exercises on page 48 and 49 of the workbook
- Remember you can use time travelling, catastrophizing or ruminating as targets in your holes diary card to become more mindful of these.

LISTENING TO NOW EXERCISE

- Sit in a comfortable chair. Turn off any distractions, like your phone, radio, computer, and television.
 - Take slow, long breaths, in through your nose and out through your mouth. Feel your stomach expand like a balloon each time you breathe in and feel it deflate each time you exhale.
 - Now, as you continue to breathe, simply listen. Listen to any sounds you hear outside your home, inside your home, and inside your own body. Count each sound that you hear. When you get distracted, return your focus to listening. Maybe you hear cars, people, or airplanes outside. Perhaps you hear a clock ticking or a fan blowing inside. Or maybe you hear the sound of your own heart beating inside your body.
 - Actively and carefully listen to your environment and count as many sounds as you can.
 - Try this exercise for five minutes and notice how you feel afterward.
-
- A variation of this listening exercise will help you stay focused on the present moment while you're in a conversation with another person.
 - If you notice that your attention is beginning to wander and you start thinking about your past or future, focus your attention on something that the person is wearing, like a button on their shirt, a hat they're wearing, or their collar. Note to yourself what color the item is and what it looks like.
 - Sometimes this can snap you out of your time traveling. Now continue to listen, and if your mind begins to wander again, do the same thing and try to keep listening.

MINDFUL BREATHING EXERCISE

- To begin, find a comfortable place to sit in a room where you won't be disturbed for as long as you've set your timer. Turn off any distracting sounds.
- Take a few slow, long breaths and relax. Place one hand on your stomach and imagine your belly filling up with air as you breathe instead of your lungs.
- Now slowly breathe in through your nose and then slowly exhale through your mouth as if you're blowing out birthday candles. Feel your stomach rise and fall as you breathe. Imagine your belly filling up with air like a balloon as you breathe in, and then feel it effortlessly deflate as you breathe out.
- Feel the breath moving in across your nostrils, and then feel your breath blowing out across your lips. As you breathe, notice the sensations in your body. Feel your lungs fill up with air.
- Notice the weight of your body resting on whatever you're sitting on.
- With each breath, notice how your body feels more and more relaxed. Now, as you continue to breathe, begin counting your breaths each time you exhale. You can count either silently to yourself or aloud.
- Count each exhalation until you reach 4 and then begin counting at 1 again.
- To begin, breathe in slowly through your nose and then exhale slowly through your mouth.
- Count 1. Again, breathe in slowly through your nose and slowly out through your mouth.
- Count 2. Repeat, breathing in slowly through your nose, and then slowly exhale.
- Count 3. Last time—breathe in through your nose and out through your mouth.
- Count 4. Now begin counting at 1 again. When your mind begins to wander and you catch yourself thinking of something else, return your focus to counting your breaths. Try not to criticize yourself for getting distracted. Just keep taking slow breaths into your belly, in and out. Imagine filling up your belly with air like a balloon. Feel it rising with each inhalation and falling with each exhalation.
- Keep counting each breath, and with each exhale, feel your body relaxing, deeper and deeper. Keep breathing until your alarm goes off, and then slowly return your focus to the room.

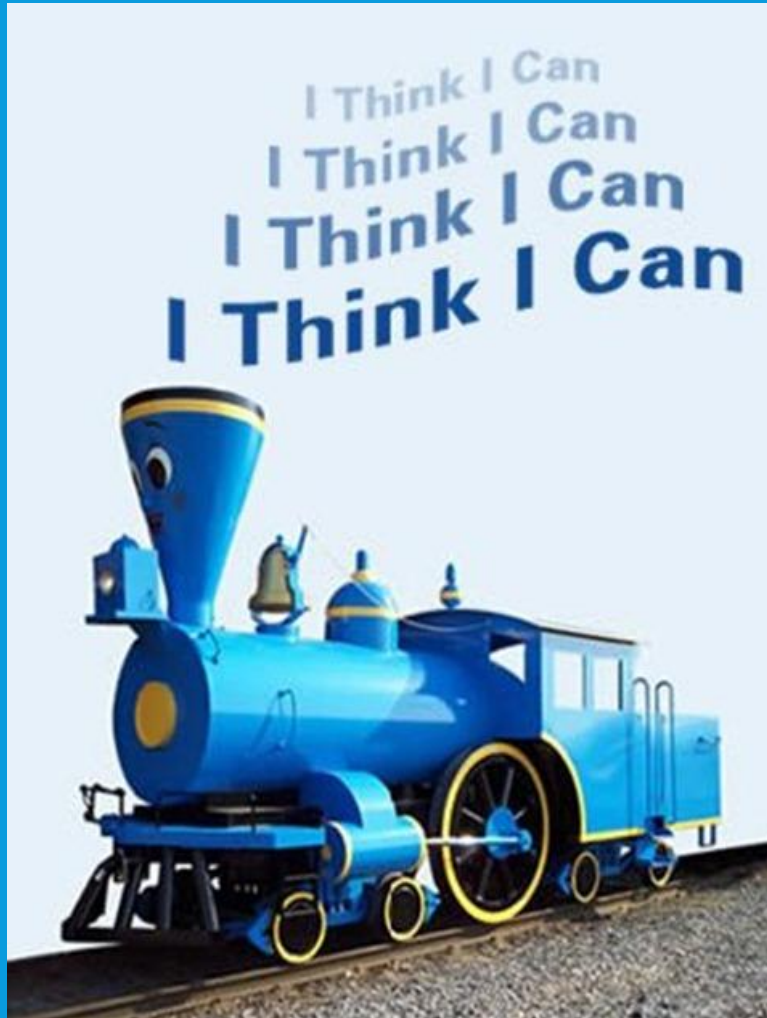
DISTRESS TOLERANCE

WEEK 4



- 1. Live in the present moment
- 2. Use self encouraging coping thoughts.
- 3. Radical acceptance.
- 4. Self affirming statements
- 5. Feelings – threat balance
- 6. Create new coping strategies.
- 7. Create an emergency coping plan

SELF ENCOURAGING COPING THOUGHTS



- Many people feel better when others encourage them, however there are times when we're distressed and all alone.
- Learning self encouragement statements and making them a personal mantra can be very helpful
- Self-encouraging coping statements or thoughts might for example remind us of how strong we've been in the past and how we survived previous distressing situations
- Use them when you're feeling distressed. Use them in your crisis plan
- Some examples of self-encouragement include: "This too shall pass", "I can be anxious and still deal with the situation". "I'm strong enough to handle what's happening to me right now" (see next slide for more examples)
- Come up with your own self encouragement statements.

LIST OF ENCOURAGING COPING THOUGHTS

- “This situation won’t last forever.”
- “I’ve already been through many other painful experiences, and I’ve survived.”
- “This too shall pass.”
- “My feelings make me uncomfortable right now, but I can accept them.”
- “I can be anxious and still deal with the situation.”
- “I’m strong enough to handle what’s happening to me right now.”
- “This is an opportunity for me to learn how to cope with my fears.”
- “I can ride this out and not let it get to me.”
- “I can take all the time I need right now to let go and relax.”
- “I’ve survived other situations like this before, and I’ll survive this one too.”
- “My anxiety/ fear/ sadness won’t kill me; it just doesn’t feel good right now.”
- “These are just my feelings, and eventually they’ll go away.”
- “It’s okay to feel sad/ anxious/ afraid sometimes.”
- “My thoughts don’t control my life; I do.”
- “I can think different thoughts if I want to.”
- “I’m not in danger right now.” “So what?”
- “This situation sucks, but it’s only temporary.”
- “I’m strong and I can deal with this.”

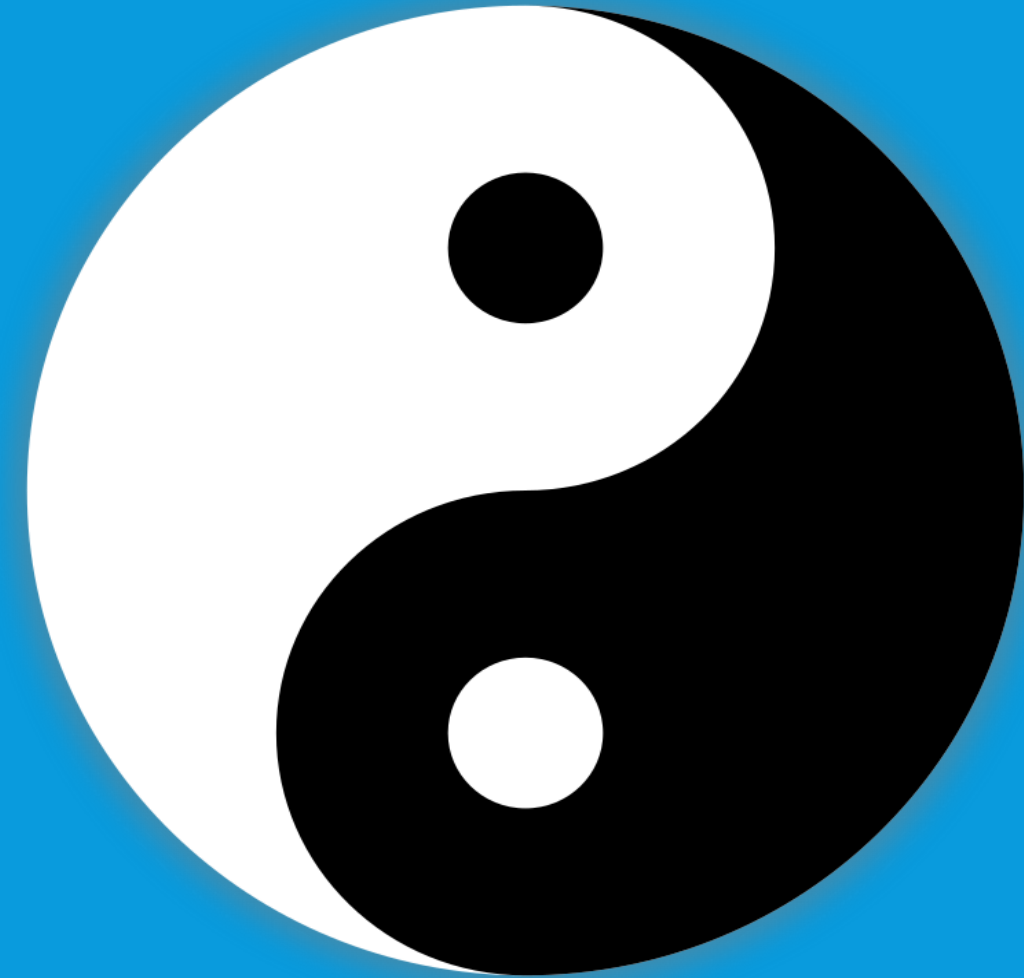
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RADICAL ACCEPTANCE



- DBT urges us to balance change and acceptance
- This means balancing our desire to change some of our behaviors, thoughts, or emotional reactions while at the same time accepting that in the present, we're having those same thoughts, behaviors, and emotional reactions
- In this course it may feel like we're focusing mostly on the change aspect. Radical acceptance reminds us of the importance of accepting things as they are, warts and all.
- Radical Acceptance is accepting something completely without judging it
- Accepting things as they are does not mean we condone pain, injustices or abuse, It means we accept that there is suffering in the world, we're flawed, and our responsibility is to try to do our best with our circumstances.

DISTRESS TOLERANCE

WEEK 4



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SELF-AFFIRMING STATEMENTS

20 SELF LOVE AFFIRMATIONS

- 1) I am one of a kind
- 2) I add value to the world
- 3) I am evolving everyday
- 4) I deserve the best
- 5) I am worthy of love
- 6) I am powerful
- 7) I am fearless
- 8) I can make my dream life a reality
- 9) I am confident
- 10) I believe in me
- 11) I am beautiful
- 12) I attract love
- 13) I am magical
- 14) I deserve all good things
- 15) I am enough
- 16) I am radiant
- 17) I can not be replaced
- 18) I am strong
- 19) I am successful
- 20) I am creating the life I want

@REDSOLESANDREDWINE

- Self affirming statements are similar to self encouraging statements.
- The difference is that self encouragement is about what we can do while self affirmation is about who we are
- Self-affirmation helps our self-esteem. It reminds us of our good qualities, and can help us cope with distressing situations
- When we're distressed our thoughts about ourselves can become more negative. Ruminating on these negative thoughts can dig us deeper into a hole.
- Ex. of self-affirming statements include "I am a good person", "I'm becoming a better person everyday", "I am here for a reason", "I am not perfect, but I get better everyday" for more examples see list on the left.
- These too can become your mantra.(see more examples in the next slide)

SELF-AFFIRMING STATEMENTS

- “I might have some faults, but I’m still a good person.”
- “I care about myself and other people.”
- “I accept who I am.”
- “I love myself.”
- “I’m a good person, not a mistake.”
- “I’m good and nobody’s perfect.”
- “I embrace both my good and bad qualities.”
- “Today I take responsibility for everything I do and say.”
- “I’m becoming a better person every day.”
- “I’m a sensitive person who experiences the world differently.”
- “I’m a sensitive person with rich emotional experiences.”
- “Each day I do the best I can.”
- “Even though I forget sometimes, I’m still a good person.”
- “Even though bad things happened to me in the past, I’m still a good person.”
- “Even though I’ve made mistakes in the past, I’m still a good person.”
- “I’m here for a reason.”
- “There’s a purpose to my life, even though I might not always see it.”
- “I radically accept myself.”

Take a few minutes, pick 2 self encouraging coping thoughts and 2 self-affirming statements from the list provided and write them down. Save them for your crisis plan.

- “I might have some faults, but I’m still a good person.”
- “I care about myself and other people.”
- “I accept who I am.”
- “I love myself.”
- “I’m a good person, not a mistake.”
- “I’m good and nobody’s perfect.”
- “I embrace both my good and bad qualities.”
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- “Even though bad things happened to me in the past, I’m still a good person.”
- “Even though I’ve made mistakes in the past, I’m still a good person.”
- “I’m here for a reason.”
- “There’s a purpose to my life, even though I might not always see it.”
- “I radically accept myself.”
- “This situation won’t last forever.”
- “I’ve already been through many other painful experiences, and I’ve survived.”
- “This too shall pass.”
- “My feelings make me uncomfortable right now, but I can accept them.”
- “I can be anxious and still deal with the situation.”
- “I’m strong enough to handle what’s happening to me right now.”
- “This is an opportunity for me to learn how to cope with my fears.”
- “I can ride this out and not let it get to me.”
- “I can take all the time I need right now to let go and relax.”
- “I’ve survived other situations like this before, and I’ll survive this one too.”
- “My anxiety/ fear/ sadness won’t kill me; it just doesn’t feel good right now.”
- “These are just my feelings, and eventually they’ll go away.”
- “It’s okay to feel sad/ anxious/ afraid sometimes.”
- “My thoughts don’t control my life; I do.”
- “I can think different thoughts if I want to.”
- “I’m not in danger right now.” “So what?”
- “This situation sucks, but it’s only temporary.”
- “I’m strong and I can deal with this.”

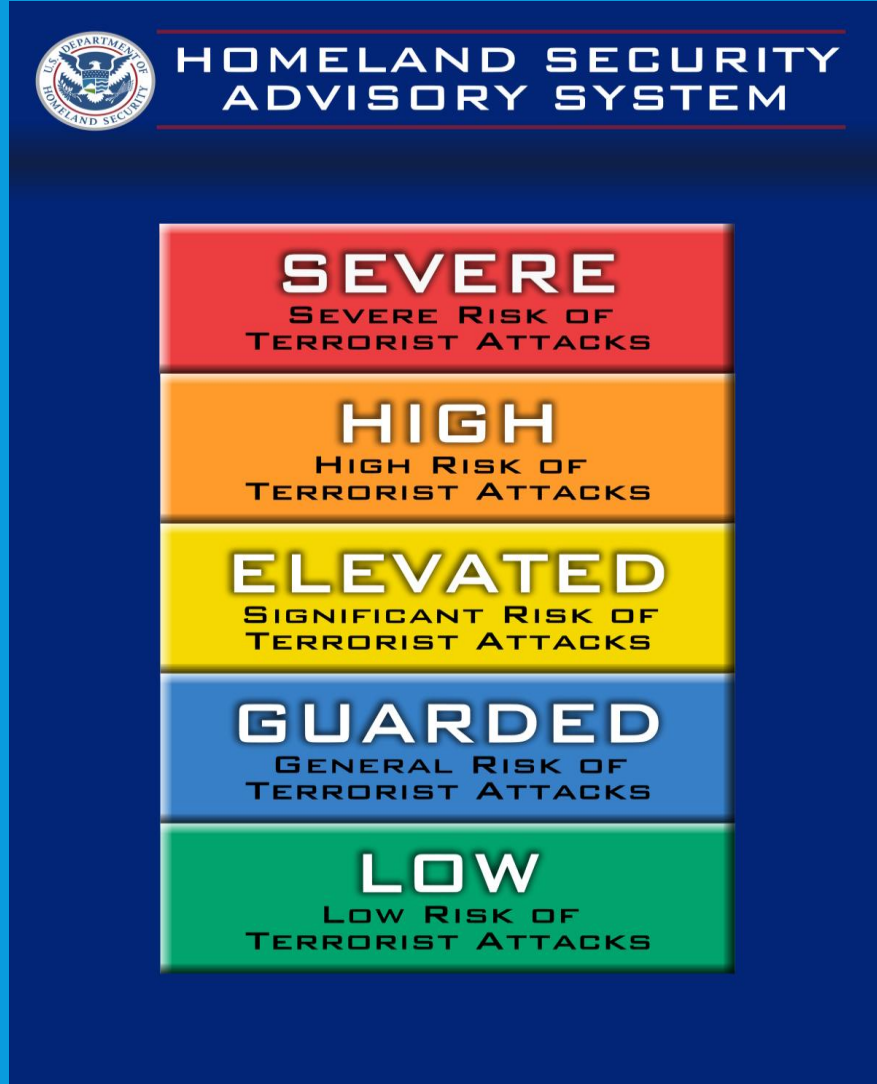
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FEELINGS-THREAT BALANCE (FTB-COPE)



- Intense emotions are usually accompanied by urges to act.
- Impulsive acting on these urges can make our lives more difficult and dig us deeper into a hole.
- We can use the feelings-threat balance to assess the **objective** level of threat in our environment and determine whether we 1) should take action in response to a perceived or subjective threat or 2) not act impulsively and focus on coping with our feelings. (REST)
- Emotional reasoning refers to the human tendency to believe that a strong feeling confirms the truth about a situation. Ex. If we feel intense anxiety, it must mean we're facing something very dangerous
- When there is balance between our feelings and the threat it is best to take action because there is realistic threat. (objective threat = subjective threat)
- When there is a discrepancy between our feelings and the threat, then it is preferable to cope and try to not respond to a situation with emotion driven behavior. (subjective threat > objective threat)

DISTRESS TOLERANCE

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HEALTHY COPING SKILLS

EMOTION-FOCUSED COPING SKILLS

Distraction

Journal

Deep
breathing

Meditate

Practice
mindfulness

Exercise

Get creative

Cleaning

Give yourself a
pep talk

Practice
gratitude

Do something
you love

Listen to music

Go for a walk

Spend time in
nature

Take a bath or
shower

Play with your
kids

Play with your
pets

Talk to someone
you trust

Reframe your
perspective

Manage stress

Practice
self-care

PROBLEM-FOCUSED COPING SKILLS

Focus on
problem-solving

Disengage

Ask for help or
support

Seek therapy

Establish healthy
boundaries

Improve time
management

Simplify your
schedule

Make a list of
coping skills

Be proactive

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CREATE NEW COPING STRATEGIES

- In the last 4 skills sessions we've covered most of the distress tolerance skills. In two weeks, we will discuss the last distress tolerance skills the physiological skills. The emotional freedom technique we did as our mindfulness exercise today can be considered a physiological skill.
- On pages 64-65 of the workbook there is a template to help us reflect on the "videos" of previous distressing situations we've encountered and consider what new coping strategies we could've used instead.
- This can also be done by using the holes diary card, chain analysis, and the editing/splicing and pasting technique. If you have limited time, use the simple tools and bypass these workbook exercises

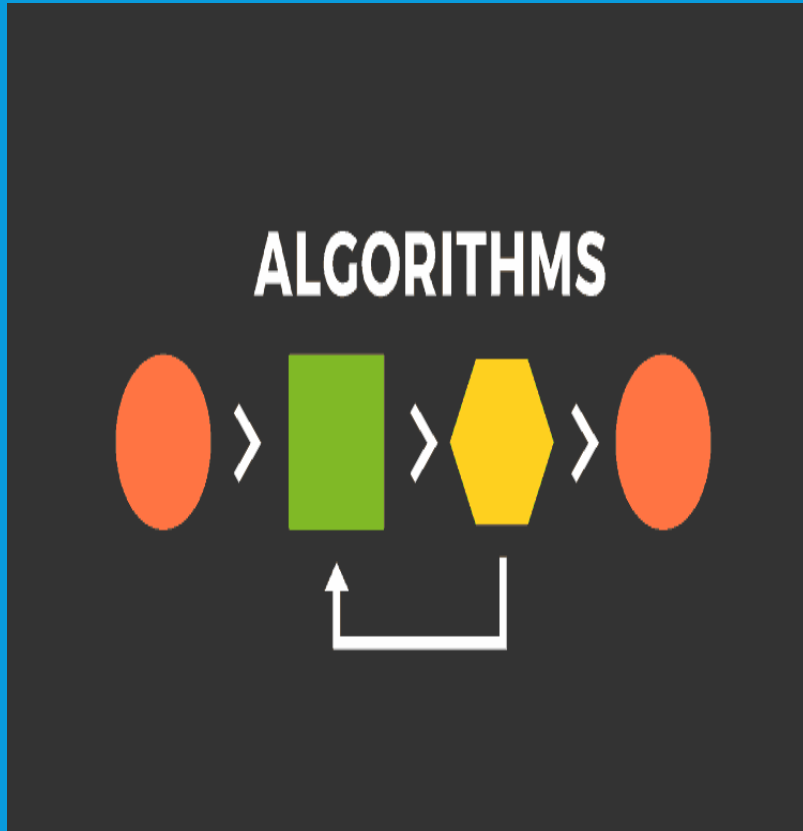
DISTRESS TOLERANCE

WEEK 4



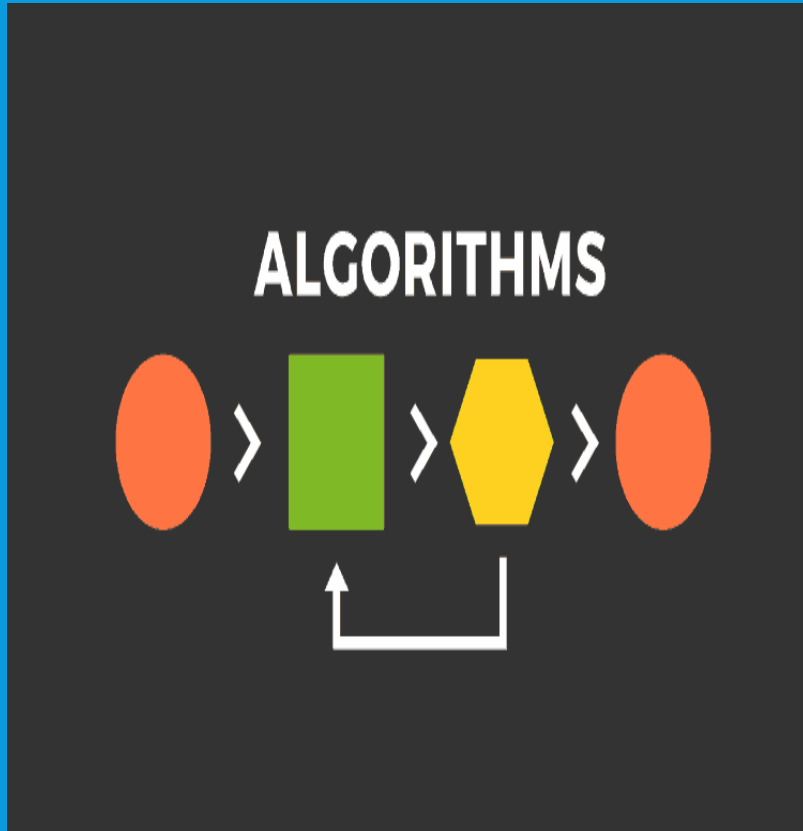
- Today we review P. 47 to 68 of skills training workbook, advanced distress tolerance skills, which covers 7 topics:
- 1. Live in the present moment
- 2. Use self encouraging coping thoughts.
- 3. Radical acceptance.
- 4. Self affirming statements
- 5. Feelings – threat balance
- 6. Create new coping strategies.
- 7. Create an emergency coping plan
- This is on p.67 of the workbook; we do however encourage you to try the more comprehensive simple crisis plan.

CRISIS PLAN ALGORITHM



- Developing your crisis plans and becoming skilled at using them involves 8 steps: This is the first Simple algorithm.
- 1. Understand the concept of holes you keep falling into or the specific crisis for which you are going to use the crisis plans
- 2. Identify some of the thoughts, feelings or behaviors that occur during the crisis that you want to work on. This is step 1 on the crisis plan template.
- 3. Complete the rest of your crisis plan template
- 4. Recall, in your mind, a real crisis from the past in which you fell into the hole you are working on and use the "editing, splicing, and pasting" technique, along with your skills and tools, to imagine a different outcome that incorporates your crisis plan.
- 5. Stay in the window of tolerance while editing, splicing, and pasting by pendulating.
- 6. Repeatedly visualize the new edited, spliced, and pasted version of the situation until you can visualize it without effort.
- 7. When a new crisis occurs work with it following these same steps.
- 8. practice, practice, practice.

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Crisis Plan

1. Which crisis or “hole” is this plan for? What problematic feelings, thoughts, behaviours/maladaptive coping mechanisms/part/selves are present or active when I’m in this hole?

☐ anxiety/panic/flight

☐ dissociation

☐ withdrawing/running away

☐ fight/anger

☐ impulsive behaviour

☐ thinking of/hurting myself

☐ grief

☐ illegal behaviours

☐ thinking of/hurting others

☐ despair/giving up

☐ behaviours I later regret

☐ other specify: _____

☐ problems with boundaries

☐ addictive behaviour

2. What might trigger getting into this crisis/hole?

☐ something I perceive others saying/doing

☐ certain things in my environment

☐ other/describe: _____

☐ contact with certain people

☐ times of the day/year

☐ anniversaries

☐ being tired/stressed/not caring for myself

3. What other thoughts/feelings/behaviours are typical for me in these crisis/holes?

4. What are the things I or others do that tends to make these crisis/holes worse?

Applying Crisis Plan

5. Am I in a crisis/hole right now?
6. Am I doing anything that is making the crisis/hole worse? If yes, how do I hit the “pause button”?
7. Once I hit the pause button, I will try to follow steps to lower my activation/distress. I will resort to the next step only after trying the previous one unsuccessfully.

Step 1. Things I can do on my own to lower my activation/distress:

Step 2. Non-mental health professionals that may be helpful in helping lower my activation/distress and who I have briefed (Who are they? How do I reach them? What do I say to them?).

Step 3. Is there an “as needed” medication that might help me? (What medication and what dosage?).

Step 4: Professional resources that might be helpful in lowering my distress. (Who? How do I reach them? Times available? What do I say?).

UPDATED PERSONAL SKILLS LIST

Distress tolerance skills

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10. Cue controlled relaxation
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12. Rehearse values-based behavior or edit/splice/paste
13. Connect with your higher power “
14. Live in the present moment
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16. Radical acceptance
17. Use self-affirming statements
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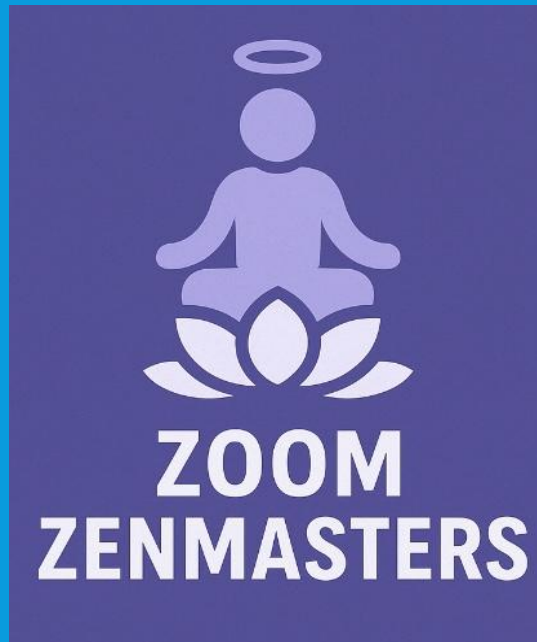
**WEEK 6 OF SIMPLE
MID SESSION 10 MINUTE BREAK**



WEEK 6 OF SIMPLE WELCOME BACK FROM THE BREAK

WELCOME TO THE 2ND ANNUAL SIMPLE JEOPARDY WORLD SERIES

FEATURING THE



VS.



Wednesday, November 5 at the Avondale center

JEOPARDY!

WELCOME TO SIMPLE JEOPARDY!

Basic Distress Tolerance Skills	Advanced Distress Tolerance Skills	Acronyms	It's "T" Time	Miscellaneous
\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000
0	0	0		

REVIEW OF ALL THE SKILLS PRESENTED SO FAR

UPDATED PERSONAL SKILLS LIST

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When we are STRESSED we find ways to cope

Sometimes we cope with a problem behavior. Looking at the **PROS & CONS** of our coping behaviors, we can decide if we want to change the way we cope.

	Doing Problem Behavior (Giving In)	Not Doing Problem Behavior (Healthy Coping)
Pros	What do I like about doing it? (instant relief)	What do I like about coping with skills? (long term benefits)
Cons	What don't I like about doing it? (long term effects)	What don't I like about coping with skills? (instant feelings)

If we decide to do something different we can use these three sets of skills:

When you need to distract from people, events or feelings that are difficult to handle remember **ACCEPTS**

A Activities

Do something else:
work on a hobby,
go for a walk

C Contributions

Do something for someone else:
compliment someone,
do something nice

C Comparisons

Think about how it's better:
than other situations,
a time you felt worse

E Emotions

Do something that feels different:
watch a movie,
listen to music

P Push Away

Put the problem away:
focus on something else,
yell NO! to the problem

T Thoughts

Distract your thoughts:
count, sing a song

S Sensations

Feel something else:
Hold ice, squeeze a ball



V Vision

Look at something pretty
Watch something on TV
People watch
Window shop



H Hearing

Listen to soothing music
Pay attention to sounds
Sing your favorite song
Play an instrument



S Smell

Use a favorite soap
Burn a scented candle
Make popcorn
Smell roses



T Taste

Chew your favorite gum
Eat a favorite food
Eat mindfully
Drink hot chocolate



T Touch

Take a hot bath
Pet your dog or cat
Hug someone
Put on a comfy shirt

If you are in **crisis** and can't think straight, or your body is distressed-
TIP your body chemistry!



T Temperature

Face in ice water
Cold/hot shower

I Intense Exercise

Running/walking fast
Expend your energy

P Progressive

Muscle Relaxation

Tense each muscle for 10 seconds, then release each muscle for 15 seconds

When you can't escape a situation but want to make it easier to deal with, **IMPROVE** the moment

I Imagery

Imagine a safe place
Imagine life is going well
Imagine a relaxing place

M Meaning

Find a reason for it
Focus on the positive
Think of how you'll be better

P Prayer

Ask for strength
Turn it over to a higher power
Ask your wise mind for help

R Relaxing

Listen to a relaxation tape
Massage your neck
Practice yoga

O ne thing at a time

Be mindful!
Focus attention on one thing
Breathe!

V acation

Take a break
Get in bed for 5 minutes
Take a breather from work

E ncouragement

Cheerlead yourself
"It will get better!"

Skills Training AAA Model

Awareness
Acceptance
Action

Core Mindfulness Skills

What Skills	How Skills
Observe	One-mindfully
Describe	Effectively
Participate	Non-judgmentally

Reality Acceptance Skills

Pain + Non-acceptance = Suffering

- Radical Acceptance
- Turn the Mind
- Practice Willingness
- Notice Willfulness
- Loving Kindness

Distress Tolerance Skills

Temperature
Intense physical sensations
Paced breathing
Paired Muscle Relaxation

Stop what you are doing
Take some deep breaths
Observe the situation
Proceed effectively

Activities
Contributing
Comparisons
Emotion opposites
Pushing away
Thoughts
Self-soothe with the senses

Imagery
Meaning
Prayer
Relaxation
One thing at a time
Vacation
Encouragement

One thing at a time
Vacation
Encouragement

Create SMART Goals

Specific
Meaningful
Achievable
Recordable
Timeline plan

VITALS to Success

Validate
Imagine
Take small steps
Applaud yourself
Lighten your load
Sweeten the pot

Emotion Regulation Goals

- Identify, label, understand emotions
- Decrease unwanted emotion responses
- Decrease emotional vulnerability

Emotion Regulation Skills

- Identify, label, functions of emotions
- Mindful to emotions
- Check the facts of emotion responses
- Behavior chain analysis
- Problem solving
- Pros and cons
- Opposite action to emotion urges
- Respecting emotions
- Managing extreme emotions

Accumulate positive emotions
Build skills mastery
Cope ahead for emotional events

treat
Physical
iLlness
Eat balanced meals
Avoid drug use
Sleep balanced
Exercise regularly
Avoid drug use
Sleep balanced
Exercise regularly

4 options 4 problems

- 1 Tolerate the problem
- 2 Change your beliefs
- 3 Solve the problem
- 4 Stay miserable

Behavior Analysis

1. Name the behavior
2. Prompting event
3. Rate intensity Level
4. Note duration
5. List vulnerabilities
6. Behavior links: actions, body sensations, thoughts, events, feelings
7. Short term positive effects
8. Long term negative effects
9. Replace problematic links with skills
10. Apply skills until you find what works for you

Interpersonal Effectiveness Skills

Describe
Express
Assert
Reinforce

Mindful
Appear confident
Negotiate

Gentle
Interested
Validate
Easy manner

Fair
Apology free
Stick to values
Truthfulness

Apology free
Stick to values
Truthfulness

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1.SET A DAILY INTENSION

How to Set Intentions

Step 1: Get to the Core of What you Really Want

Spend time reflecting. Keep asking yourself why?

Step 2: Use the Power of Visualization

Visualize what it will be like when your intention is reality

Step 3: Choose Language that Supports you

Spend time crafting your intention

Step 4: Create an Intention Setting Ritual

Make a plan for taking time to call your intentions to mind.

Step 5: Reinforce your intentions

Make sure you're keeping your intention at the front of your mind

Step 6: Sit Back and Relax

Let the universe take care of it. Intentions are not about control

Step 7: Revisit Your Intentions

Intentions change, and that's okay.

- Setting an intention involves consciously deciding what you want to focus on or achieve in a particular area of your life. It's about clarifying your goals, desires, or feelings and aligning your actions and mindset with those aspirations. This practice can be done in various ways, such as through meditation, journaling, or simply taking a moment to reflect.
- When you set an intention, you're not just wishing for something to happen; you're actively committing to a mindset or a course of action that can help you manifest your goals. It can be as specific as wanting to improve your health or as broad as seeking more joy in your daily life. The key is to be clear and positive about what you want to invite into your life!

THE BENEFITS OF SETTING INTENTIONS

- Setting an intention can have several benefits, particularly in the context of personal growth, learning, and achieving goals.
- Setting an intention helps clarify what you want to achieve, making it easier to focus your efforts and resources
- Intentions can serve as a source of motivation, providing a reason to take action and stay committed to your goals.
- The process of setting an intention encourages mindfulness, helping you to be present and aware of your thoughts and actions.
- Intentions often promote a positive outlook, encouraging you to view challenges as opportunities for growth rather than obstacles.
- Setting intentions allows you to align your actions with your core values and beliefs, leading to a more fulfilling and authentic life.
- Intentions can enhance your focus by directing your attention toward specific outcomes, reducing distractions and increasing productivity.
- When faced with setbacks, having a clear intention can help you stay resilient and committed to your goals, reminding you of your purpose.
- Intentions can guide your decision-making process, making it easier to choose actions that align with your desired outcomes.
- Sharing your intentions with others can create a sense of accountability, encouraging you to follow through on your commitments.
- Setting intentions fosters a growth mindset, encouraging you to embrace challenges, learn from experiences, and continuously improve.
- By incorporating intention-setting into your daily routine, you can create a more purposeful and fulfilling approach to learning and personal development.

REST- S IS FOR SET AN INTENTION



- When we step away, back, or pause while experiencing dysregulated emotions we create the space to come up with a plan for what we're going to do that will avoid making things worse.
- Stepping back allows us to be less emotional and more rational and make better choices. We will learn to do this throughout the course.
- We will learn to develop new ways of thinking, reacting emotionally and behaving when we explore the simple remediation tools (rational and wise mind remediation).
- Our intention using these tools, will be to replace our maladaptive reactions with more adaptive ones.

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THE SENSORY SOOTHING TOOLKIT

Sensory Soothing Toolkit



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THE 5,4,3,2,1 METHOD

5



4



3



2



1



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THE EMOTIONAL FREEDOM TECHNIQUE



Learn the EFT Tapping Points

with
Jessica Ortner

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REST (OR PEST)
PAUSE

1. REST- R IS FOR RELAX



- If you're in crisis:
- Stop what you're doing, want to do or are about to impulsively do.
- Take a breath. Count to 10, 50 or 100
- Step away or back to allow yourself to have a different perspective
- Don't act impulsively
- Remind yourself that this is an opportunity to behave differently than you have in the past which did not turn out well.

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RADICAL ACCEPTANCE STATEMENTS

RADICAL ACCEPTANCE OF PAIN



- Radical acceptance helps us better tolerate pain by changing our attitude to it.
- When we are in physical or psychological pain, we often judge it and react with blame, anger, anxiety, and general non-acceptance of the pain. These judgements are a form of resistance to the pain.
- Resisting pain often makes it worse. Not only are we experiencing pain but we're also experiencing the resistance or rejection of it which is also painful. Pain is made worse by our rejection of it.
- Resistance and non-acceptance of pain may also keep us from doing what is under our control to deal with the cause of the pain.
- Radical acceptance asks us to accept the pain without adding resistance or judgement.
- Accepting the pain does not mean that pain is a good thing. Instead, it helps us focus on what we can do to alleviate the pain rather than spending our energy futilely fighting, resisting and judging it .

RADICAL ACCEPTANCE

COPING STATEMENTS

- | | |
|--|--|
|  This situation is only temporary |  I won't stress over the things that I can't change |
|  I can't change what has already happened |  I won't waste my time or energy fighting the past |
|  I have dealt with difficulties before and I can deal with this |  I might not like it, but this is what has happened |
|  I can accept things the way they are |  How I react in this situation is what I can control in this moment |
|  The present is the only moment I have control over |  I don't have control over the past |
|  Not everything will go my way, but I can be flexible |  I can't predict the future and I am okay with that |

RADICAL ACCEPTANCE COPING STATEMENTS

- On the left are some examples of radical acceptance coping statements.
- Choose one or more statements from this list for your own use. Add this to your list.
- Or come up with your own statements
- Think of them as your distress “mantra”
- The key is to use these when you're in pain and find yourself resisting it.
- Make radical acceptance coping statements part of your crisis plan.

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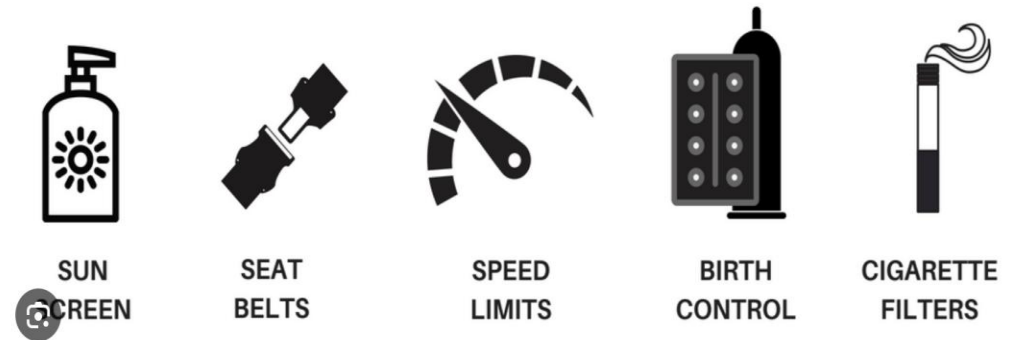
2. DISTRACT AND HARM REDUCE FROM SELF-DESTRUCTIVE BEHAVIORS



- We sometimes use self-destructive strategies to try to sooth pain but over the long term they make pain worse.
- Self destructive strategies cause sooth over the short term but cause more damage over the long term.
- We can use distraction to try to not engage in self-destructive behaviors.

- You can incorporate distraction and harm reduction into your crisis plan. Then edit, splice and paste it into our “videos” of a crisis.

EXAMPLES OF HARM REDUCTION IN OTHER AREAS



- We can also try harm reduction which is doing something to the self-destructive strategy and that soothes us but is less harmful over the long run.
- Ex. Hold an ice cube in your hand as long as you can. Snap a rubber band on your wrist , pop balloons with faces you’ve drawn.

DISTRACT WITH PLEASURABLE ACTIVITIES

Emotion Regulation Skill
101
PLEASANT ACTIVITIES

☐ Have a quiet evening	☐ Dance	☐ Read a book
☐ Cook a meal	☐ Clean things	☐ Sew
☐ Look at the moon or stars	☐ Do science experiments	☐ Discuss books with someone
☐ Take care of your pets	☐ Watch TV	☐ Garden
☐ Swim	☐ Make a card for someone	☐ Daydream
☐ Draw or doodle	☐ Play a game	☐ Making a to-do list
☐ Play sports	☐ Build something	☐ Go to national parks
☐ Sing	☐ Collect things	☐ Complete a task
☐ Make a gift for someone	☐ Donate or recycle unused items	☐ Go fishing
☐ Download music or new apps	☐ Listen to music	☐ Be alone
☐ Watch sports	☐ Read cartoons or comics	☐ Write letters
☐ Write down your goals	☐ Do a hobby	☐ Go on a picnic
☐ Volunteer	☐ Plan a day's activities	☐ Meditate
☐ Get a haircut or style your hair	☐ Listen to the sounds of nature	☐ Yoga
☐ Wash dishes	☐ View beautiful scenery	☐ Have lunch with a friend
☐ Bake	☐ Eat a good meal	☐ Go to the mountains
☐ Enjoy coffee or tea	☐ Repair things around the house	☐ Do a jigsaw puzzle
☐ Get a mani or pedi	☐ Work on your car/bike	☐ Knit or crochet
☐ Ride a bike	☐ Take care of your plants	☐ Do a crossword puzzle
☐ Write in a diary or journal	☐ Fly a kite	☐ Take a shower
☐ Look at photos	☐ Time with family	☐ Sit outside
☐ Go for a walk	☐ Practice religion or spirituality	☐ Talk on the phone
☐ Jog	☐ Look at clouds	☐ Go to a museum
☐ Notice birds or trees	☐ Repeat positive affirmations	☐ Listen to the radio
☐ Surprise someone with a favor	☐ A day with nothing to do	☐ Get a book from the library
☐ Join a club or group	☐ Go skating	☐ Exercise
☐ Martial arts	☐ Paint	☐ Do woodworking
☐ Go bowling	☐ Color	☐ Go to a thrift store
☐ Write a poem, song, or rap	☐ Take a nap	☐ Play with clay
☐ Take pictures	☐ Play an instrument	☐ Reflect on how you've improved
☐ Write a story	☐ Do arts and crafts	
☐ Soak in the bathtub	☐ Go hiking	
☐ Hang out with friends	☐ Watch the sunrise/sunset	
☐ Watch a movie	☐ Watch a comedy	
☐ Lie in the sun	☐ Visualize yourself achieving your goals	
☐ Spend time at a river, lake,		

Add Your Own

☐	
☐	
☐	

- Review the list of pleasurable activities on pages 18-20 of the workbook
- Check off the activities you are likely to use
- Engage in these activities as often as you can, don't wait until you're in crisis
- Sometimes doing something that makes you feel good is the best way to distract yourself from painful emotions
- Remember to use these in your distraction plan

OTHER WAYS OF DISTRACTING YOURSELF



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11. Rediscovering your values (please specify)
12. Rehearse values-based behavior or edit/splice/paste
13. Connect with your higher power
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RELAX AND SELF SOOTHE

- When we are in the window of emotional tolerance, that is calm or alert, we think more clearly and make better choices
- Relaxation and self-soothing strategies can bring us back into the window of tolerance
- We can relax and self-sooth using any of our 5 senses



SMELL

- Light a candle, use incense
- smell perfume, essential oils, or freshly baked bread/cookies
- Go to a place with a comforting smell
- Go to a forest or a farm



VISION

- Make a collage
- Find a picture of or go to a place that's visually soothing
- Carry a photo of someone you admire or love



A vinyl record with a yellow center label is placed on a wooden surface. A stack of papers, including a white sheet and a green one, is partially visible behind the record. The word "SOUND" is written in white capital letters on the record's label.

SOUND

- Listen to...
- music
- Audio books/ podcast
- Nature sounds
- White noise machine
- Guided meditations

TASTE

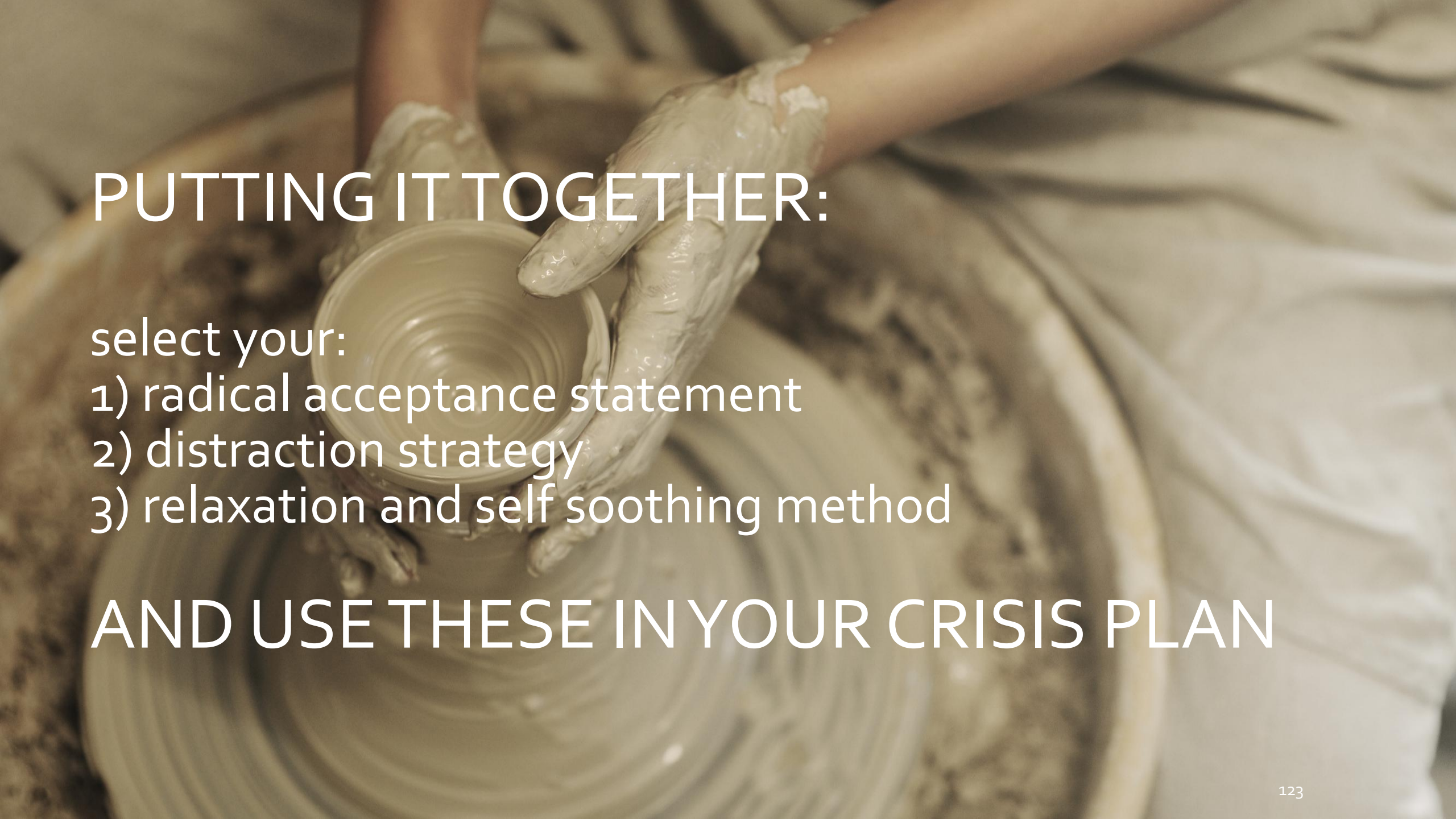
- Prepare and eat favorite meal
- Or comfort food
- Drink cold or hot drinks
- Try gum, mints, candy
- Chew on ice cubes
- Prepare and drink fresh juicy fruit



TOUCH

- Use your self-soothing kit
- Carry something soft and comforting in your pocket
- Try a using prayer bead
- Take warm or cold showers
- Get a massage
- Play with a pet
- Wear comfortable clothes





PUTTING IT TOGETHER:

select your:

- 1) radical acceptance statement
- 2) distraction strategy
- 3) relaxation and self soothing method

AND USE THESE IN YOUR CRISIS PLAN

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SAFE-PLACE VISUALIZATION

- Visualizing a safe place reduces distress and helps us return to the window of tolerance
- When we imagine a safe, relaxing place, our body responds by relaxing.
- The body can't tell the difference between being in a real safe, relaxing place and imagining we are in one.
- Do your safe-place visualization in a quiet place where there are no distractions
- Follow the instructions on page 33 of the skills training manual. Record the text on your phone and listen to it. You can also find guided safe place visualizations on YouTube.
- Try the safe-place visualization recorded on this slide.



To begin, sit in a comfortable chair with your feet flat on the floor and your hands resting comfortably, either on the arms of the chair or in your lap. Close your eyes. Take a slow, long breath in through your nose. Feel your belly expand like a balloon as you breathe in. Hold it for five seconds: 1, 2, 3, 4, 5. Then release it slowly through your mouth. Feel your belly collapse like a balloon losing its air. Again, take a slow, long breath in through your nose and feel your stomach expand. Hold it for five seconds: 1, 2, 3, 4, 5. Then exhale slowly through your mouth. One more time: take a slow, long breath in through your nose and feel your stomach expand. Hold it for five seconds: 1, 2, 3, 4, 5. Then exhale slowly through your mouth. Now begin to take slow, long breaths without holding them, and continue to breathe smoothly for the rest of this exercise. Now, with your eyes still closed, imagine that a white beam of light shines down from the sky like a bright laser and lands on the very top of your head. Notice how warm and soothing the light makes you feel. This could be a light from God, the universe, or whatever power makes you feel comfortable. As you continue to breathe smoothly, taking slow, long breaths, notice how the light makes you feel more and more relaxed as it continues to shine on the top of your head. Now, slowly, the warm, white light begins to spread over the top of your head like soothing water. And as it does, the light begins to loosen any muscle tension that you're feeling on the top of your head. Slowly, the light begins to slide down your body, and as it moves across your forehead, all the muscle tension there is released. Then the white light continues down past your ears, the back of your head, your eyes, nose, mouth, and chin, and it continues to release any tension you're holding there. Notice how pleasantly warm your forehead feels. Now, slowly, imagine that the light begins to move down your neck and over your shoulders, releasing any muscle tension. Then the light slowly proceeds down both of your arms and the front and back of your torso. Feel the muscles in your upper and lower back release. Notice the soothing sensation of the white light as it moves across your chest and stomach. Feel the muscles in your arms release as the light moves down to your forearms and then across both sides of your hands to your fingertips. Now notice the light moving down through your pelvis and buttocks and feel the tension being released. Again, feel the light move like soothing water across your upper and lower legs until it spreads across both the upper and lower surfaces of your feet. Feel all of the tension leaving the muscles of your body as the white light makes your body feel warm and relaxed.

Continue to notice how peaceful and calm you feel as you continue to take slow, long, smooth breaths. Observe how your stomach continues to expand as you inhale, and feel it deflate as you exhale. Now, as you continue breathing, silently think to yourself “breathe in” as you inhale, and then silently think your cue word as you exhale. [If your cue word is something other than “relax,” use that word in the following instructions.] Slowly inhale and think: “breathe in.” Slowly exhale and think: “relax.” As you do, notice your entire body feeling relaxed at the same time. Feel all the muscle tension in your body being released as you focus on your cue word. Again, inhale and think: “breathe in.” Exhale and think: “relax.” Notice your entire body releasing any muscle tension. Again, inhale... “breathe in.” Exhale... “relax.” Feel all the tension in your body releasing. Continue breathing and thinking these words at your own pace for several minutes. With each breath, notice how relaxed your entire body feels. When your mind begins to wander, return your focus to the words “breathe in” and “relax.” Practice the cue-controlled relaxation technique twice a day, and record how long it takes you to feel relaxed. With daily practice, this technique should help you relax more quickly each time. Again, remember that the ultimate goal of this technique is to train your entire body to relax simply when you think of your cue word, such as “relax.” This will only come with regular practice. Initially, you might also have to think of the white-light imagery and engage in slow, deep breathing to help yourself relax. But with practice, this technique can help you relax in many distressing situations. You can also combine this exercise with the previous safe-place visualization. Engaging in cue-controlled relaxation first will help you feel even more safe and calm in that visualization process.

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CUE-CONTROLLED RELAXATION

- A “cue” is a word or phrase that through practice and repetition we learn to associate with a physical state of relaxation
- Cue controlled relaxation involves repeating a word or phrase while at the same time deliberately relaxing our muscles
- Try it by following the instructions on page 35 of the workbook. (see next 2 slides). Record them on your phone and listen to them.
- This technique takes time and repeated practice to master but can be very effective
- Eventually just thinking or saying the cue word will automatically trigger relaxation
- To get good at cue-controlled relaxation we need to practice it twice a day for at least 2 weeks
- Try the one recorded here.



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REDISCOVERING YOUR VALUES



"Values" are ethics, principles, ideals, standards, or morals



Sometimes we forget why we are doing something difficult and lose sight of our goals



Thinking of our values can help us tolerate distress

- To rediscover your values, do the "Valued Living Questionnaire" on page 38 of the workbook
- Start by rating the importance that each of the listed values holds for you
- Then decide how much time and effort you want to invest in fostering these values
- Are there discrepancies between your values and what you spend most of your time doing? If there are, how might you adjust your time/energy to better align with your values?
- Use the "Committed Action Worksheet" on page 40 to create intentions and a plan to realign your life with your values

VALUED LIVING QUESTIONNAIRE (Wilson, 2002)

Life Component: Less Important-> Moderately Important-> Extremely Important

Family (other than romantic relationships or parenting) 0 1 2 3 4 5 6 7 8 9 10

Romantic relationships (marriage, life partners, dating, and so on) 0 1 2 3 4 5 6 7 8 9 10

Parenting 0 1 2 3 4 5 6 7 8 9 10

Friends and social life 0 1 2 3 4 5 6 7 8 9 10

Work 0 1 2 3 4 5 6 7 8 9 10

Education and training 0 1 2 3 4 5 6 7 8 9 10

Recreation, interests, hobbies, music, and art 0 1 2 3 4 5 6 7 8 9 10

Spirituality and religion 0 1 2 3 4 5 6 7 8 9 10

Citizenship and community life 0 1 2 3 4 5 6 7 8 9 10

Self-care (exercise, diet, relaxation, and so on) 0 1 2 3 4 5 6 7 8 9 10

Committed Action Worksheet

(Adapted from Olerud & Wilson, 2002)

1. A component of my life that I value is...

My intention for this component is

The committed actions that I'm willing to take include the following (be sure to note when you'll begin these actions):

2. A component of my life that I value is

My intention for this component is

The committed actions that I'm willing to take include the following (be sure to note when you'll begin these actions):

3. A component of my life that I value is

My intention for this component is

The committed actions that I'm willing to take include the following (be sure to note when you'll begin these actions):

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4. REHEARSING VALUES-BASED BEHAVIOR

- When trying to align our lives with our values we will face many challenges
- We may for example have negative thoughts such as “I can’t do this”
- Identifying potential challenges and imagining how to overcome challenges can be helpful
- This is called “cognitive rehearsal”
- The editing, splicing and pasting technique is cognitive rehearsal.

cognitive rehearsal involves:

1. Identifying the situation in which what we did, and our values don’t align
2. Identifying what we might have done had we acted in accordance with our values
3. Identifying what we might have done had we acted in accordance with our values
4. Imagining ourselves in the situation and noting any barriers and challenges to doing what is in accordance with our values
5. Visualizing ourselves doing our values-based behavior
6. Imagining people responding well
7. Repeating the visualization

UPDATED PERSONAL SKILLS LIST

Distress tolerance skills

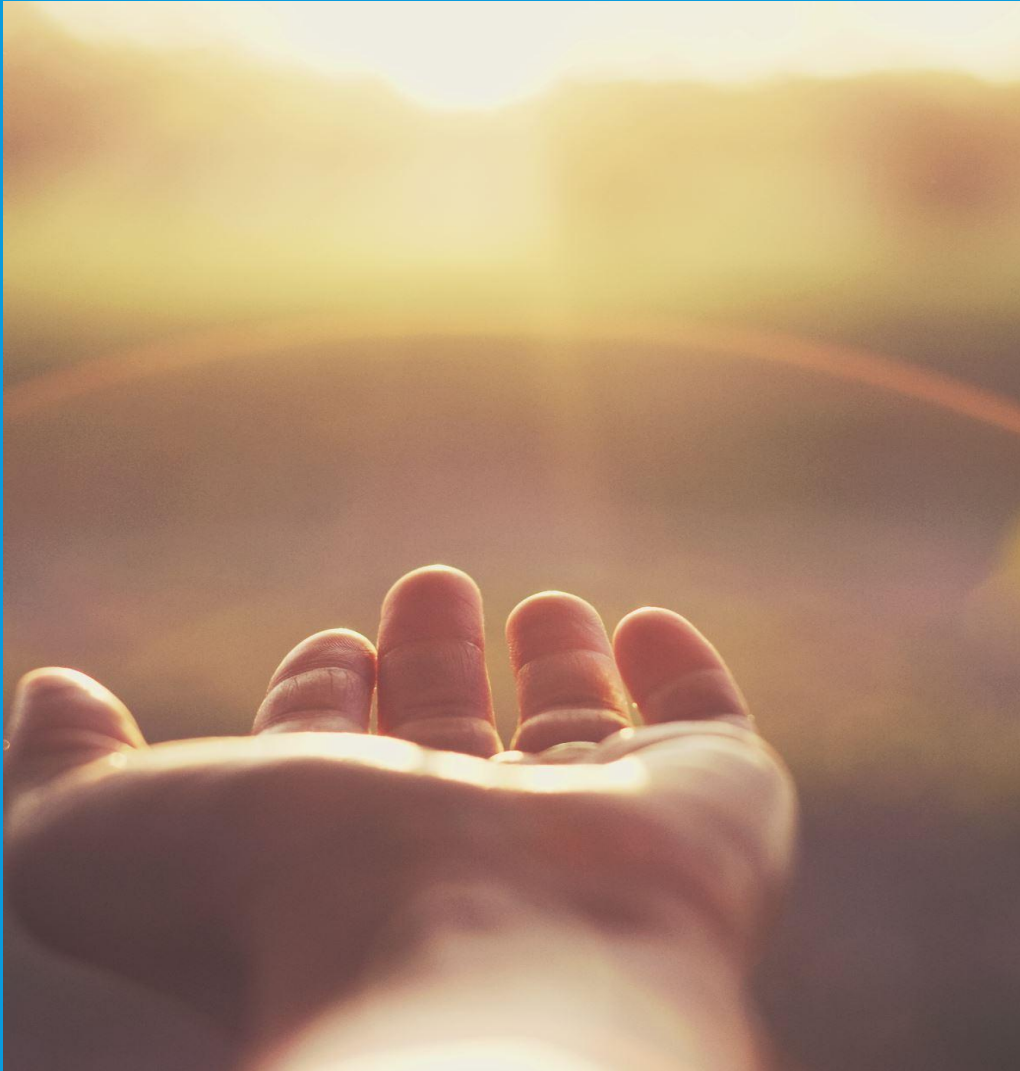
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5. CONNECTING WITH YOUR HIGHER POWER



- Connecting with a higher power, whatever you understand this to be, can help you feel grounded, empowered, calm, and safe
- It can connect you to something bigger than yourself or the “big picture”
- Faith in a higher power gives many people a sense of meaning that helps them cope with distress
- A higher power need not be traditionally religious concept like God.
- A higher power can include Nature, The universe, or The goodness of others
- We will return to a discussion of spirituality towards the end of the course

TO HELP YOU CONNECT TO YOUR HIGHER POWER



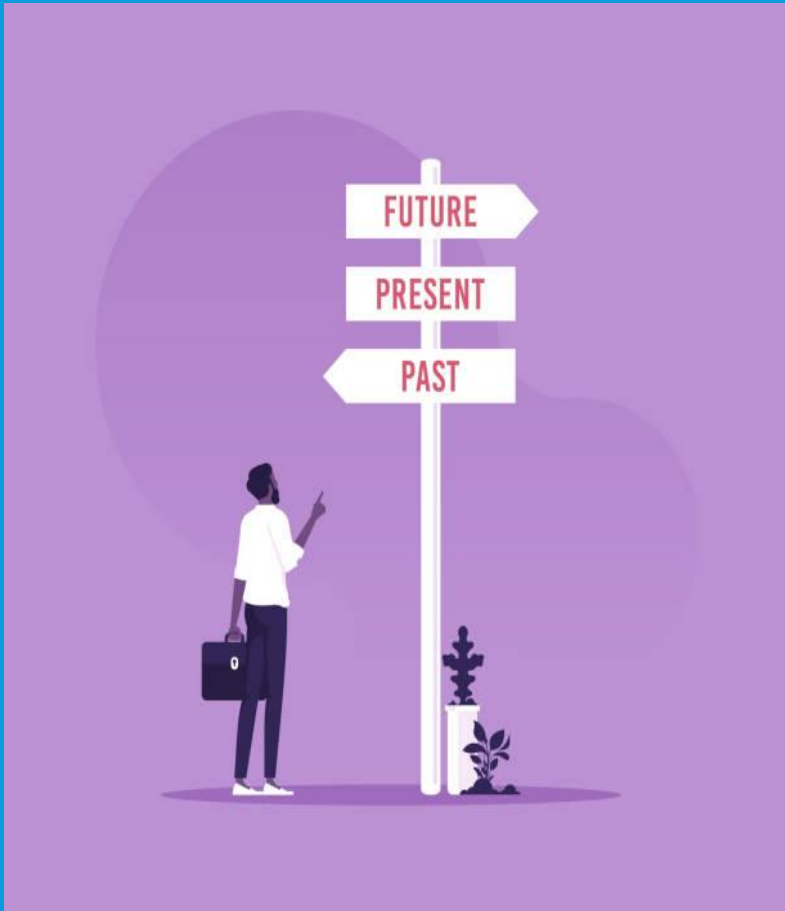
- You might try to ask yourself the following questions:
- What are some of my beliefs about a higher power that give me strength/comfort?
- Why are these beliefs important to me?
- How do these beliefs make me feel?
- How do these beliefs make me feel about others?
- How do these beliefs make me feel about life in general?
- How do I honor these beliefs in my daily life?
- What else would I be willing to do in order to strengthen my beliefs?
- What can I do to remind myself of my beliefs on a regular basis?
- How can I remind myself of my beliefs when I feel distressed?

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LIVING IN THE PRESENT



- Many of us spend a lot of time mentally traveling to the past or the future
- When we do that, we're not paying attention to and miss the present moment.
- "Time traveling" to the past or future not only takes us away from the present moment, but it can also bring with it lots of pain when we catastrophize or worry about something that hasn't happened yet or ruminate on something that already has and can't be changed.
- If we set an intention and practice to not mentally time travel, we can learn to be more mindful of, and stay in the present moment
- Especially when we are distressed, we might ask ourselves where we mentally are. Are we in the past, the future, or the present?
- If catastrophize or ruminate a lot use these as targets in your holes diary card. This is a good way of becoming more aware of the problem and setting an intention to change it.

IF YOU A FREQUENT TIME TRAVELER:



- When you are distressed, notice your thoughts, ask yourself if you are time traveling? If so, bring your focus back to the present.
- To focus on the present, try:
 - 1) Noticing your breath. This returns you to the present
 - 2) Noticing your bodily sensations. Sensations of pain or tension may accompany time travel.
 - 3) Using any of the other distress tolerance skills you've learned
 - 4) Practicing the "Listening to Now" and "Mindful Breathing" exercises on page 48 and 49 of the workbook
 - 5) Use time travelling , catastrophizing or ruminating as targets in your holes diary card to become more mindful of it.

LISTENING TO NOW

- Sit in a comfortable chair. Turn off any distractions, like your phone, radio, computer, and television.
 - Take slow, long breaths, in through your nose and out through your mouth. Feel your stomach expand like a balloon each time you breathe in and feel it deflate each time you exhale.
 - Now, as you continue to breathe, simply listen. Listen to any sounds you hear outside your home, inside your home, and inside your own body. Count each sound that you hear. When you get distracted, return your focus to listening. Maybe you hear cars, people, or airplanes outside. Perhaps you hear a clock ticking or a fan blowing inside. Or maybe you hear the sound of your own heart beating inside your body.
 - Actively and carefully listen to your environment and count as many sounds as you can.
 - Try this exercise for five minutes and notice how you feel afterward.
-
- A variation of this listening exercise will help you stay focused on the present moment while you're in a conversation with another person.
 - If you notice that your attention is beginning to wander and you start thinking about your past or future, focus your attention on something that the person is wearing, like a button on their shirt, a hat they're wearing, or their collar. Note to yourself what color the item is and what it looks like.
 - Sometimes this can snap you out of your time traveling. Now continue to listen, and if your mind begins to wander again, do the same thing and try to keep listening.

MINDFUL BREATHING

- To begin, find a comfortable place to sit in a room where you won't be disturbed for as long as you've set your timer. Turn off any distracting sounds.
- Take a few slow, long breaths and relax. Place one hand on your stomach and imagine your belly filling up with air as you breathe instead of your lungs.
- Now slowly breathe in through your nose and then slowly exhale through your mouth as if you're blowing out birthday candles. Feel your stomach rise and fall as you breathe. Imagine your belly filling up with air like a balloon as you breathe in, and then feel it effortlessly deflate as you breathe out.
- Feel the breath moving in across your nostrils, and then feel your breath blowing out across your lips. As you breathe, notice the sensations in your body. Feel your lungs fill up with air.
- Notice the weight of your body resting on whatever you're sitting on.
- With each breath, notice how your body feels more and more relaxed. Now, as you continue to breathe, begin counting your breaths each time you exhale. You can count either silently to yourself or aloud.
- Count each exhalation until you reach 4 and then begin counting at 1 again.
- To begin, breathe in slowly through your nose and then exhale slowly through your mouth.
- Count 1. Again, breathe in slowly through your nose and slowly out through your mouth.
- Count 2. Repeat, breathing in slowly through your nose, and then slowly exhale.
- Count 3. Last time—breathe in through your nose and out through your mouth.
- Count 4. Now begin counting at 1 again. When your mind begins to wander and you catch yourself thinking of something else, return your focus to counting your breaths. Try not to criticize yourself for getting distracted. Just keep taking slow breaths into your belly, in and out. Imagine filling up your belly with air like a balloon. Feel it rising with each inhalation and falling with each exhalation.
- Keep counting each breath, and with each exhale, feel your body relaxing, deeper and deeper. Keep breathing until your alarm goes off, and then slowly return your focus to the room.

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SELF ENCOURAGEMENT



- Many of us feel better when others encourage us, however there are times when we're distressed and are alone
- Learning self encouragement statements and making them our mantras can be very helpful
- Self-encouraging coping statements or thoughts might remind us of how strong we've been in the past and how we survived previous distressing situations
- Use them when you start to feel distress.
- Some examples of self-encouragement: "This too shall pass", "I can be anxious and still deal with the situation". "I'm strong enough to handle what's happening to me right now"
- Come up with your own self encouragement statements.

LIST OF COPING THOUGHTS

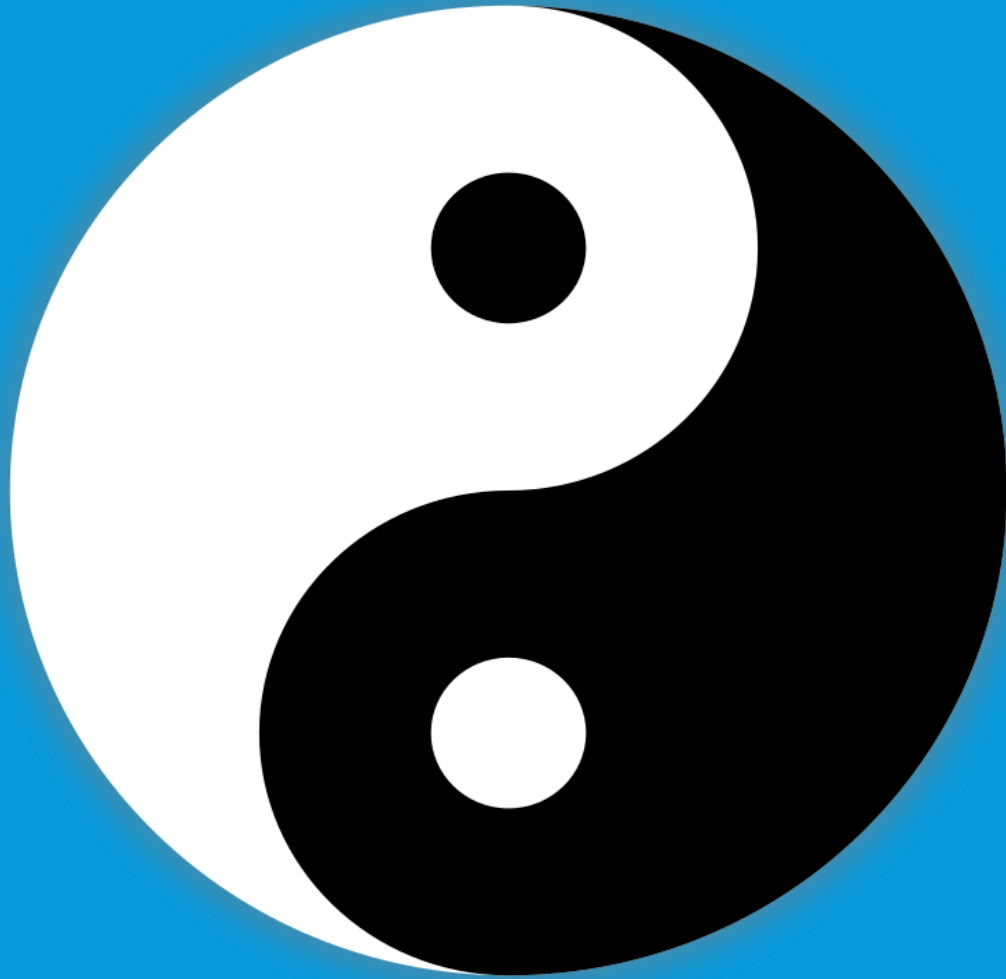
- “This situation won’t last forever.”
- “I’ve already been through many other painful experiences, and I’ve survived.”
- “This too shall pass.”
- “My feelings make me uncomfortable right now, but I can accept them.”
- “I can be anxious and still deal with the situation.”
- “I’m strong enough to handle what’s happening to me right now.”
- “This is an opportunity for me to learn how to cope with my fears.”
- “I can ride this out and not let it get to me.”
- “I can take all the time I need right now to let go and relax.”
- “I’ve survived other situations like this before, and I’ll survive this one too.”
- “My anxiety/ fear/ sadness won’t kill me; it just doesn’t feel good right now.”
- “These are just my feelings, and eventually they’ll go away.”
- “It’s okay to feel sad/ anxious/ afraid sometimes.”
- “My thoughts don’t control my life; I do.”
- “I can think different thoughts if I want to.”
- “I’m not in danger right now.” “So what?”
- “This situation sucks, but it’s only temporary.”
- “I’m strong and I can deal with this.”

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RADICAL ACCEPTANCE



- Dialectics in DBT urges us to balance change and acceptance
- This means realizing we might need to change some of our behaviors, thoughts, or emotional reactions while at the same time accepting that in the present, we have those thoughts, behaviors, and emotional reactions
- In this course it may feel like we're focusing mostly on the change aspect. Radical acceptance reminds of the importance of accepting things as they are, warts and all.
- Radical Acceptance is accepting something completely without judging it
- Accepting things as they are does not mean we condone injustices or abuse, It means we accept that there is suffering in the world, we're flawed, and our responsibility is to try to do our best.

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SELF-AFFIRMING STATEMENTS

20 SELF LOVE AFFIRMATIONS

- 1) I am one of a kind
- 2) I add value to the world
- 3) I am evolving everyday
- 4) I deserve the best
- 5) I am worthy of love
- 6) I am powerful
- 7) I am fearless
- 8) I can make my dream life a reality
- 9) I am confident
- 10) I believe in me
- 11) I am beautiful
- 12) I attract love
- 13) I am magical
- 14) I deserve all good things
- 15) I am enough
- 16) I am radiant
- 17) I can not be replaced
- 18) I am strong
- 19) I am successful
- 20) I am creating the life I want

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- These are similar to self encouraging statements. However, self encouragement is about what we can do, self affirmation is about who we are
- Self-affirmation helps our self-esteem. It reminds us of our good qualities, and can give us strength in distressing situations
- When we're distressed our thoughts about ourselves can become more negative. Ruminating on these negative thoughts can dig us deeper into our hole.
- Ex of self-affirming statements include "I am a good person", "I'm becoming a better person everyday", "I am here for a reason", "I am not perfect, but I get better everyday" for more examples see list on the left.
- These too can become your mantra.

SELF-AFFIRMING STATEMENTS

- “I might have some faults, but I’m still a good person.”
- “I care about myself and other people.”
- “I accept who I am.”
- “I love myself.”
- “I’m a good person, not a mistake.”
- “I’m good and nobody’s perfect.”
- “I embrace both my good and bad qualities.”
- “Today I take responsibility for everything I do and say.”
- “I’m becoming a better person every day.”
- “I’m a sensitive person who experiences the world differently.”
- “I’m a sensitive person with rich emotional experiences.”
- “Each day I do the best I can.”
- “Even though I forget sometimes, I’m still a good person.”
- “Even though bad things happened to me in the past, I’m still a good person.”
- “Even though I’ve made mistakes in the past, I’m still a good person.”
- “I’m here for a reason.”
- “There’s a purpose to my life, even though I might not always see it.”
- “I radically accept myself.”

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FEELINGS-THREAT BALANCE (FTB-COPE)



HOMELAND SECURITY ADVISORY SYSTEM



- Intense emotions may be accompanied by urges to act impulsively.
- Acting on impulsive urges can make our lives more difficult and dig us deeper into our holes.
- We can use the feelings-threat balance to assess the **objective** level of threat in our environment and determine whether we 1) should take action in response to a perceived or subjective threat or 2) do nothing immediately but cope with our feelings. (REST)
- Emotional reasoning refers to the human tendency to believe that a strong feeling confirms the truth about a situation. Ex. If we feel intense anxiety, it must mean we're facing something very dangerous
- When there is balance between our feelings and the threat it is best to take action because there is realistic threat. (objective threat = subjective threat)
- When there is a discrepancy between our feelings and the threat, then it is preferable to cope and try to not respond to a situation with emotion driven behavior. (subjective threat > objective threat)

UPDATED PERSONAL SKILLS LIST

Distress tolerance skills

1. Grounding skills- Set a daily intention
2. “ - Sensory soothing toolkit
3. “ -The 5,4,3,2,1 method
4. “ -The emotional freedom technique
5. REST (or PEST) Pause
6. Radical acceptance statements (please specify)
7. Distraction plan “
8. Self-soothing plan
9. Safe place visualization
10. Cue controlled relaxation
11. Rediscovering your values (please specify)
12. Rehearse values-based behavior or edit/splice/paste
13. Connect with your higher power
14. Live in the present moment
15. Use self-encouraging coping thoughts
16. Radical acceptance
17. Use self-affirming statements
18. Balance feelings and threat
19. Create new coping strategies
20. Create an emergency coping plan

HEALTHY COPING SKILLS

EMOTION-FOCUSED COPING SKILLS

Distraction

Journal

Deep
breathing

Meditate

Practice
mindfulness

Exercise

Get creative

Cleaning

Give yourself a
pep talk

Practice
gratitude

Do something
you love

Listen to music

Go for a walk

Spend time in
nature

Take a bath or
shower

Play with your
kids

Play with your
pets

Talk to someone
you trust

Reframe your
perspective

Manage stress

Practice
self-care

PROBLEM-FOCUSED COPING SKILLS

Focus on
problem-solving

Disengage

Ask for help or
support

Seek therapy

Establish healthy
boundaries

Improve time
management

Simplify your
schedule

Make a list of
coping skills

Be proactive

HOPEFULPANDA.COM

CREATE NEW COPING STRATEGIES

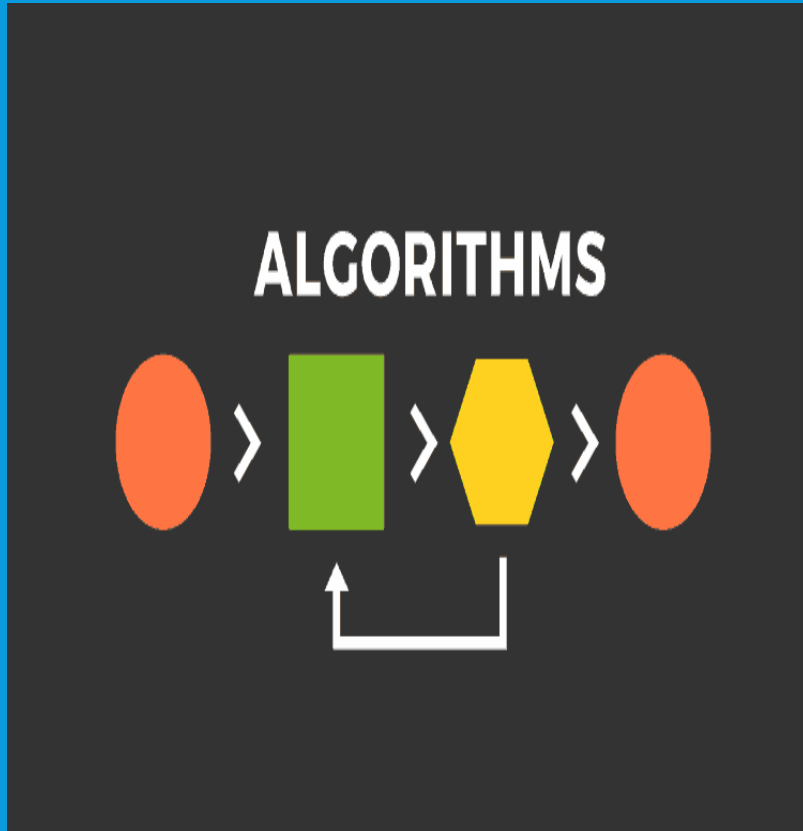
- In the last 4 skills sessions we've covered most of the distress tolerance skills. In two weeks, we will discuss the last distress tolerance skills the physiological skills.
- On pages 64-65 of the workbook there is a template to help us reflect on the "videos" of previous distressing situations we've encountered and consider what new coping strategies we could've used instead.
- This can also be done by using the holes diary card, chain analysis, and the editing/splicing and pasting technique. If you have limited time, use the simple tools and bypass these workbook exercises

UPDATED PERSONAL SKILLS LIST

Distress tolerance skills

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CRISIS PLAN ALGORITHM



- Developing your crisis plans and becoming skilled at using them involves 8 steps: This is the first Simple algorithm.
- 1. Understand the concept of holes you keep falling into or the specific crisis for which you are going to use the crisis plans
- 2. Identify some of the thoughts, feelings or behaviors that occur during the crisis that you want to work on. This is step 1 on the crisis plan template.
- 3. Complete the rest of your crisis plan template
- 4. Recall, in your mind, a real crisis from the past in which you fell into the hole you are working on and use the "editing, splicing, and pasting" technique, along with your skills and tools, to imagine a different outcome that incorporates your crisis plan.
- 5. Stay in the window of tolerance while editing, splicing, and pasting by pendulating.
- 6. Repeatedly visualize the new edited, spliced, and pasted version of the situation until you can visualize it without effort.
- 7. When a new crisis occurs work with it following these same steps.
- 8. practice, practice, practice.

Crisis Plan

1. Which crisis or “hole” is this plan for? What problematic feelings, thoughts, behaviours/maladaptive coping mechanisms/part/selves are present or active when I’m in this hole?

☐ anxiety/panic/flight

☐ dissociation

☐ withdrawing/running away

☐ fight/anger

☐ impulsive behaviour

☐ thinking of/hurting myself

☐ grief

☐ illegal behaviours

☐ thinking of/hurting others

☐ despair/giving up

☐ behaviours I later regret

☐ other specify: _____

☐ problems with boundaries

☐ addictive behaviour

2. What might trigger getting into this crisis/hole?

☐ something I perceive others saying/doing

☐ certain things in my environment

☐ other/describe: _____

☐ contact with certain people

☐ times of the day/year

☐ anniversaries

☐ being tired/stressed/not caring for myself

3. What other thoughts/feelings/behaviours are typical for me in these crisis/holes?

4. What are the things I or others do that tends to make these crisis/holes worse?

Applying Crisis Plan

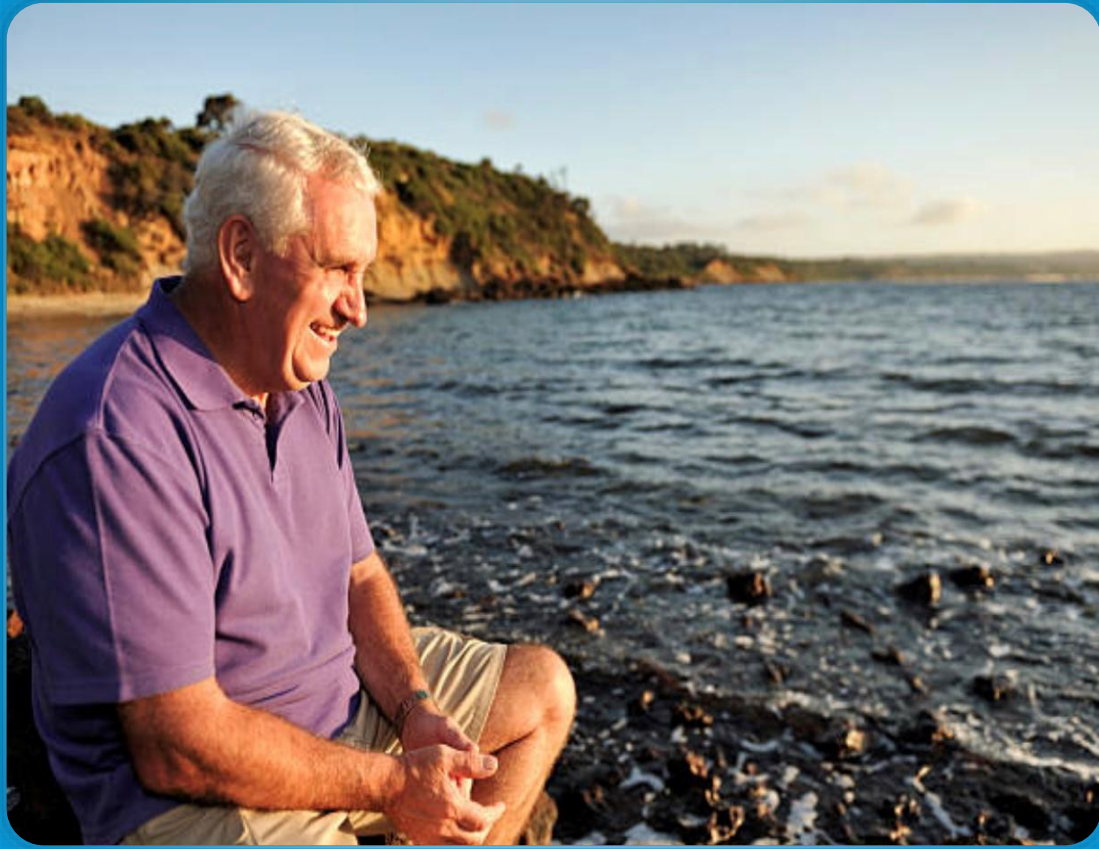
5. Am I in a crisis/hole right now?
6. Am I doing anything that is making the crisis/hole worse? If yes, how do I hit the “pause button”?
7. Once I hit the pause button, I will try to follow steps to lower my activation/distress. I will resort to the next step only after trying the previous one unsuccessfully.

Step 1. Things I can do on my own to lower my activation/distress:

Step 2. Non-mental health professionals that may be helpful in helping lower my activation/distress and who I have briefed (Who are they? How do I reach them? What do I say to them?).

Step 3. Is there an “as needed” medication that might help me? (What medication and what dosage?).

Step 4: Professional resources that might be helpful in lowering my distress. (Who? How do I reach them? Times available? What do I say?).



practice finding diary card targets YouTube video session 9- 10:55-20:42 minutes

RADICAL ACCEPTANCE

- DBT is based on the balance of change and acceptance, not change or acceptance
- We are learning why the things we feel bad about, which are coming from the past, are not
- In this group we find out why the things we feel bad about, which are coming from the past, are not
- Radical acceptance: accepting something completely, without trying to change it
- This does not mean we are giving up on ourselves or our goals, but we are accepting the things we feel bad about, which leads to lasting change

FINDING DIARY CARD TARGETS - BRUCE



ALGORITHM FOR FINDING YOUR INTERMEDIATE TARGETS



- 1. Think about a time when you have been in a hole or crisis, outside the window of tolerance, “lost it”, “struggled”, “felt bad”, “got into trouble”, or were very upset. (in other words start with a beginner targets)
- 2. When this happened, what were your dominant feelings, thoughts, or behaviors? (use the wheel of feelings, thinking errors and ANTS, and the internalizing and externalizing behaviors slides to help you)
- 3. From these choose from 1 to 3 feelings, thoughts, or behaviors that you experience frequently, are problematic for you, and you want to change.
- 4. These are your intermediate targets.
- Intermediate targets change over time so go through this same process occasionally especially if your life circumstances are changing.

Diary Card - Hole Targets

Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
feeling hurt																															
withdrawing																															
catastrophizing																															
Notes:																															

FINDING DIARY CARD TARGETS



Diary Card - Hole Targets

Month: January

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day of the Week																															
Hole Targets																															
terminating on																															
negative thoughts																															
withdrawing																															
Notes:																															

IF YOU'RE HAVING TROUBLE FINDING A TARGET

- If you are having trouble finding an intermediate target, start with one of the beginner targets: "feeling bad", "having a bad moment", "losing it", or "falling into a hole".
- These are generic target that cover most holes people fall into.
- If you track these, you'll then be able to identify feelings, thoughts, and behaviors associated with them which will help you rename the target and make it more specific to you.
- To figure out intermediate targets starting from beginner ones, follow the intermediate holes diary card target algorithm:

ALGORITHM FOR FINDING YOUR INTERMEDIATE TARGETS

1. Think about a time when you have been in a hole or crisis, outside the window of tolerance, "lost it", "struggled", "felt bad", "got into trouble", or were very upset. (in other words start with a beginner targets)
 2. When this happened, what were your dominant feelings, thoughts, or behaviors? (use the wheel of feelings, thinking errors and ANTS, and the internalizing and externalizing behaviors slides to help you)
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- Intermediate targets change over time so go through this same process occasionally especially if your life circumstances are changing.

SUMMARY

Conversations
With
Kate

OPEN DISCUSSION



A row of red theater seats in a dark cinema. Two seats in the foreground are occupied with red and white striped popcorn buckets filled with popcorn, each with a brown paper cup and a white straw in the armrest. The text 'VIDEO' is overlaid on the left side of the image.

VIDEO

Week 6 of simple

RADICAL ACCEPTANCE

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- Radical acceptance: accepting something completely, without trying to change it
- This does not mean we are giving up on our goals, but we are accepting the things we feel bad about, which are coming from the past, are not

VAGUS NERVE

stimulation



HOW TO KNOW YOURSELF



WINDOW OF TOLERANCE



RADICAL ACCEPTANCE



**WHAT DO
YOU DO
WHEN...**



EMOTION REGULATION AND CHECKING THE FACTS

DILECTICAL BEHAVIOUR THERAPY



RADICAL ACCEPTANCE

But when I'm upset, it's hard to accept anything.

I just want to cry!

The background of the slide features a close-up of an hourglass with white sand, positioned over a calendar. The calendar shows dates 22, 23, 24, 29, 30, and 31. The hourglass is partially filled with sand in the top bulb, and a small amount has fallen into the bottom bulb. A dark grey rectangular box is centered over the hourglass, containing the text "SEE YOU NEXT SESSION" in white, bold, sans-serif capital letters.

SEE YOU NEXT SESSION

PARENTAL ESTRANGEMENT AND ALIENATION

- Parental estrangement and parental alienation are related but distinct concepts that involve disruptions in the parent-child relationship. I mentioned them here because they have come up many times in conversations I've been involved in recently.
- **Parental estrangement** refers to a situation where there is a breakdown or severing of the relationship between a parent and a child, often an adult child. This can result in little to no contact between the parties involved.
- The causes of estrangement can be complex and varied, including unresolved conflicts, differing values or lifestyles, past abuse or neglect, mental health issues, or significant life changes. It can be initiated by either the parent or the child.
- Estrangement is often characterized by a lack of communication, emotional distance, and sometimes a complete severance of the relationship. It can be temporary or permanent, depending on the circumstances and willingness of both parties to reconcile.
- **Parental alienation** occurs when one parent deliberately influences a child to reject or distance themselves from the other parent, often during or after a divorce or separation. This is typically seen in the context of custody disputes.
- The alienating parent may engage in behaviors such as badmouthing the other parent, limiting contact, or creating a narrative that portrays the other parent negatively. The goal is often to undermine the child's relationship with the targeted parent.
- Parental alienation can lead to the child exhibiting unjustified hostility or fear toward the targeted parent, refusing contact, or aligning exclusively with the alienating parent. It can have long-term emotional and psychological effects on the child.
- Both parental estrangement and parental alienation involve significant emotional distress and can have lasting impacts on family dynamics. While estrangement can arise from a variety of factors and is not always intentional, alienation is typically a deliberate act by one parent to damage the child's relationship with the other parent.

- There's been a recent marked interest in awareness and interest in both parental estrangement and alienation and a perception that these issues may be becoming more common. We do not however have statistics that allow us to determine whether rates of parental estrangement and alienation are indeed on the rise, but several factors may contribute to this perception.
- There is growing awareness and discussion around family dynamics, mental health, and interpersonal relationships, which may lead to more people recognizing and reporting issues of estrangement and alienation. This increased visibility can create the perception that these issues are more prevalent.
- Societal shifts, such as changing family structures, increased mobility, and evolving cultural norms around individualism and self-care, may contribute to estrangement. People may feel more empowered to distance themselves from toxic or unhealthy relationships, including family ties.
- With high rates of divorce and complex custody arrangements, the potential for parental alienation can increase. Legal systems and mental health professionals are more attuned to recognizing and addressing alienation, which can bring more cases to light.
- While technology can facilitate communication, it can also contribute to misunderstandings and conflicts. Social media can amplify familial tensions or provide platforms for airing grievances, potentially leading to estrangement.

- There are several books and articles that explore the various aspects of parental estrangement and alienation.

Books on estrangement:

- "When Parents Hurt: Compassionate Strategies When You and Your Grown Child Don't Get Along" by Joshua Coleman. This book offers strategies for parents dealing with estrangement from their adult children, focusing on understanding and healing.
- "Fault Lines: Fractured Families and How to Mend Them" by Karl Pillemer. Based on research and interviews, this book explores family estrangement and offers advice on reconciliation.
- "Done With The Crying: Help and Healing for Mothers of Estranged Adult Children" by Sheri McGregor. This book provides support and guidance for parents experiencing estrangement from their adult children.
- "Family Estrangement: A Matter of Perspective" by Kylie Agllias. This book examines the causes and impacts of family estrangement, offering insights from both personal stories and research.

Articles on estrangement:

- "The Hidden Pain of Family Estrangement" by Mark S. Rye and Crystal L. Park, published in Psychology Today. This article discusses the emotional impact of estrangement and offers suggestions for coping.
- "Understanding Family Estrangement: What Is It and Why Does It Happen?" by Lucy Blake, published in The Psychologist. This article explores the reasons behind family estrangement and its psychological effects.
- "The Long Reach of Family Estrangement" by Joshua Coleman, published in The Atlantic. This article examines the complexities and emotional toll of estrangement within families.

- **Books on parental alienation:**
- "Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing" by Dr. Richard A. Warshak - This book provides insights into how parental alienation can occur and offers strategies for preventing and addressing it.
- "The Parental Alienation Syndrome: A Family Therapy and Collaborative Systems Approach to Amelioration" by Linda J. Gottlieb - This book explores therapeutic approaches to dealing with parental alienation.
- "Adult Children of Parental Alienation Syndrome: Breaking the Ties That Bind" by Amy J. L. Baker - This book focuses on the long-term effects of parental alienation on children and offers guidance for healing.
- "Co-Parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You" by Amy J. L. Baker and Paul R. Fine - This book provides practical advice for dealing with a co-parent who may be attempting to alienate your children.
- **Articles on parental alienation:**
- "Parental Alienation: What Is It, and What Data Support It?" by Joan S. Meier - This article, published in the Family Court Review, examines the concept of parental alienation and the evidence supporting it.
- "The Impact of Parental Alienation on Children: An Overview of the Research" by Jennifer J. Harman and Zeynep Biringen - This article reviews the research on how parental alienation affects children and their relationships.
- "Parental Alienation Syndrome: A Critical Review of the Evidence" by Paul R. Fine and Amy J. L. Baker - This article critically examines the evidence for and against the concept of parental alienation syndrome.