

Week 4 Practice Exercises

Practice Distress Tolerance Skills - STOP, TIP, Half Smile, Willing Hands, Radical Acceptance. Notice your level of distress before and after your skills practice.

Notice your level of discomfort *before* using the skill.

Notice your level of discomfort *after* using the skill.



Week 5 Practice Exercises

1. Practice Emotion Regulation Skills. Notice how you were feeling before your practice. How did you feel afterward?

2. Identify 1 pleasant activity or event you would like to add in your life. List 3 steps you will take to make this happen.

What will it take? What will get in the way?

