

DISTRESS TOLERANCE HOMEWORK SHEET 2

Acceptance and Willingness

Name _____ Week Starting _____

Check each time you practice CRISIS SURVIVAL STRATEGIES, ACCEPTANCE EXERCISES, RADICAL ACCEPTANCE, TURNING THE MIND, AND WILLINGNESS.

Write down your level of distress tolerance both before (pre) and after (post) practice as follows: 0 = "No tolerance, a nightmare" to 100 = "Easy tolerance, piece of cake." If instead you practice WILLFULNESS, mark that and also write down your level of distress tolerance before and after.

Skill	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Pre/ Post	Pre/ Post	Pre/ Post	Pre/ Post	Pre/ Post	Pre/ Post	Pre/ Post
CRISIS SURVIVAL							
Distracting	/	/	/	/	/	/	/
Self-Soothing	/	/	/	/	/	/	/
Improving the Moment	/	/	/	/	/	/	/
Thinking of Pros and Cons	/	/	/	/	/	/	/
ACCEPTANCE EXERCISES							
Observing My Breath	/	/	/	/	/	/	/
Half-smiling	/	/	/	/	/	/	/
Awareness	/	/	/	/	/	/	/
RADICAL ACCEPTANCE							
TURNING THE MIND							
WILLINGNESS							
WILLFULNESS							

NOTES: What made this easier? Harder? What I did specifically.
