

## The Al-Halīm Distress Tolerance Cheat Sheet

*A clinical pause practice for moments of intensity*

Purpose: This tool helps us move from impulsive reaction into the Al-Halīm inspired pause. In therapy, we practise expanding the space between a trigger and a response, so the nervous system can settle before we act. Many of us do not regret our feelings. We regret what we did while flooded.

### 1) The 60-Minute Respite (Delaying)

- Clinical rule: If I feel the urge to react immediately, I delay my response by 60 minutes.
- Goal: I check whether the intensity is still the same after one hour.

**Mantra:** *“I have the capacity to react, but I am choosing the strength of the pause.”*

### 2) The “Slap” Observation (Witnessing)

- When something hurts, I observe the hurt before I respond.
- I notice where it lands in my body: chest, throat, jaw, belly, or breath.
- I remind myself: witnessing pain without retaliation builds distress tolerance.

### 3) Containment Over Escalation (Holding)

- Core principle: intensity is met with containment, not escalation.
- I picture myself as a sturdy container that is larger than the urge I feel.
- I let the wave rise and recede without feeding it with reaction.

### 4) Regulate Before You Resolve (Stabilising)

- I do not try to solve problems while dysregulated.
- Breathing practice: inhale 4, hold 4, exhale 6. Repeat 3–5 rounds.
- I return to my values once my body feels steadier.

### Daily Check-In: The “Halīm Audit”

- Today, did I rush to react, or did I grant myself respite before responding?
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If I rushed, I return without shame. I can repair and try again.

**Notes (optional)**

My most common trigger today: \_\_\_\_\_

One pause practice I used: \_\_\_\_\_

One repair step I can take: \_\_\_\_\_