

Crisis Survival Plan—Distress Tolerance

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- **A crisis** is an immediate problem or situation that I cannot solve or that I cannot access the skills to solve immediately. It has a feeling of urgency to it.
- **My crisis plan is designed to** help me tolerate the distress, not to make me feel better or to solve the problem. My goal is to **SURVIVE the crisis** and to not make the situation worse.

Self-Soothe the Five Senses

	Vision	Hearing	Smell	Taste	Touch
Reminders :	Soothe with beauty	Soothing sounds	What smells do you find soothing?	If you only use food for comfort, this may not work for you!	
	I will...	I will...	I will...	I will...	I will...
1.					
2.					
3.					
4.					

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Distract with Wise Mind... Accepts

	Activities	Contributing	Comparisons	Opposite Emotions	Pushing Away	Thoughts	Sensations
Reminders : When in a crisis, start with one and just go down your list!	Activities that really engage your mind.	Doing something nice for someone else can take your mind off of your own problem.	A situation that is worse than the one you are in— Compare to another Time in your life or to someone else's situation.	Activities that stimulate opposite emotions.	Steps for "Pushing Away" ↓	You can use the same word over, & over. • Breathe in: "Wise" • Breathe out: "Mind"	Sensations that are <i>really strong</i> and <i>distracting</i> and that DO NOT HURT YOU.
	I will...	I will...	I will...	I will...	1. Get out a piece of paper and a pen or pencil.	I will...	I will...
1.					2. List my main problems on my mind right now		
2.					3. For each problem, ask myself:		
3.					• Can I do anything about this right now? • Is this a good time to work on this?		
4.					4. If answer is "no", then "box it up" and put it away for a while.		

PROS and CONS

Evaluating the advantages and disadvantages of impulsive and ineffective behavior urges.

Behavior Urge	1.	2.	3.	4.
Pro- for doing this :	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Con-for doing this :	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Pro-for NOT doing this:	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
Con-for NOT doing this:	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
What is the WISE action to take? :	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
	Do the Wise thing...	Do the Wise thing...	Do the Wise thing...	Do the Wise thing...

IMPROVE the moment

	Imagery	Meaning	Prayer	Relaxation	One thing in the moment	Vacation (brief)	Encouragement
Reminders- Practice when NOT in crisis	1. A safe place 2. That you are coping well	How could I grow from this?	1. With words 2. Prayer of Acceptance	Tense individual muscles then release.	1. Stay out of the past and the future. 2. Throw yourself into the moment.	1. Don't take vacations that will harm you. 2. Don't make the vacation too long.	1. Say it like you mean it! 2. Say things that are True.
1.							
2.							
3.							