**Distress Tolerance Worksheet**

**My Distraction Plan**

Next time I’m feeling overwhelmed and distressed, I will:

1.
2.
3.
4.

**Self-Soothing/Relaxation Plan**

I will relax by:

1.
2.
3.

**My IMPROVE Plan**

List one way to practice each:

1. Imagery:
2. Meaning:
3. Prayer/higher power:
4. Relaxation:
5. One thing in the moment:
6. Vacation/time-out:
7. Encouragement: