

Dealing with Distress Worksheet

STOP - Take a breath	Observe - mindfully	CHOOSE the most appropriate skill/s WISE MIND	ACT - Do the skill/s	Outcome
<i>Stop, step back and breathe</i>	<i>What's the emotion I'm feeling? What's the action urge?</i>	<ul style="list-style-type: none"> • Change the situation or emotion? (<i>Emotion Regulation or Interpersonal Effectiveness skills</i>) <ul style="list-style-type: none"> ○ PLEASE MASTER ○ DEAR MAN • Reduce the emotion? (<i>Distress Tolerance skills</i>) <ul style="list-style-type: none"> ○ ACCEPT ○ IMPROVE 	<i>E.g. opposite action, distracting activities, exercise, take a break, new thoughts, helping others</i>	<i>What helped? What didn't help? With the benefit of hindsight, what could I have done differently?</i>