Make waves
COMMUNITY EDUCATION DAY

BREAK THE SILENCE.
Making IT Through Crisis: DBT Distress Tolerance Skills

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Distress Tolerance Skills

- Perceive the environment without placing demands on it
- Experience emotions without attempting to change them
- Observe thoughts without attempting to stop or control them
You **NEED** Crisis Survival Skills when:

- There is a real crisis and the situation is:
  - Highly stressful, painful
  - Short-term
  - There is a pressure to resolve **RIGHT NOW**
- The crisis **can’t** be resolved in the short-term
- You can’t afford to make the situation worse than it already is
The goal of Crisis Survival Skills:

- Stay alive
- Carry on
- Stay Functional
- AVOID MAKING THINGS WORSE
STOP

S tep back, stop moving, stay in control

T ake a breath, take a moment

O bserv and notice your thoughts and feelings

P roceed Mindfully, act with awareness, think about your goal and actions, ask Wise Mind
TIP Skills

Reduce Emotion Mind QUICKLY by changing your body chemistry:

Temperature- Ice/ Warmth

Intensely Exercise- release of revved up emotion

Paced Breathing- Paired Muscle Relaxation - mindful tension release
Pros and Cons

• Advantages for tolerating/resisting

• Disadvantages for tolerating/resisting

• Advantages for keeping problem behavior/emotion

• Disadvantages for keeping problem behavior/emotion

❖ Check the Facts!
Effective Rethinking & Paired Relaxation

• Step 1. Prompting Event
• Step 2. Ask- Interpretations, Assumptions
• Step 3. Rethink- effective thoughts
• Step 4. Practice Imagining- breathing in/out
• Step 5. Keep Practicing!
• Step 6. When stressful situation occurs-
  “I’m in control....so....Relax”
Distraction with Wise Mind ACCEPTS—a skill not a life-style

- Activities
- Contributing
- Comparisons
- Opposite Emotion
- Pushing Away
- Other Thoughts
- Other Sensations
Self-Soothe

• Reduce vulnerability to emotion mind
• Increase resistance to temptation
• Use of the **Five** senses:
  
  Vision
  Hearing
  Smell
  Taste
  Touch

• Build a Self-Soothe kit
IMPROVE the Moment

• Imagery- visualization
• Meaning- purpose, positives, values
• Prayer- Higher power, God, own Wise Mind
• Relaxing actions- body, mind, soul
• One thing in the moment- intent, present, aware
• Vacation- brief, break, time-out
• Encouragement- self talk, cheerlead
Reality Acceptance Skills

Dealing with trauma and pain
Radical Acceptance

• “It is What it Is”
• Freedom from suffering= Acceptance of what is
• Entering into reality as it is
• It is NOT- approval, passivity, compassion, love
• Rejecting reality does NOT change reality
• Requires accepting the facts of reality
Turning the Mind
A Fork in the Road

• Act of CHOICE- to accept reality as it is
• Commitment= turning towards the path of acceptance
• Turn your mind- over and over again
• Towards acceptance-path away from rejecting
• LET GO- of discouragement
• LET GO- of shame, guilt, or refusal
Willingness vs. Willfulness

• Voluntarily
• Without reservation
• Acting from Wise Mind
• Fully aware of reality
• NOT “sitting on your hands”
• NOT giving up
• Not tolerating the moment
• NOT insisting on being in control

Willingness is ready to do just what is needed
Allowing the Mind: Mindfulness of Current Thought

- Observe your thoughts- mindfully
- Practice allowing thoughts- as **waves**, not judging
- You are NOT your thoughts- do not have to act
- With bothersome, returning thoughts-
  - Repeat out loud
  - Sing, shout, play
  - Imagery
Half-Smile

- Relax your face
- Let both corners of lips go up slightly
- Try to adopt serene facial expression
- Use Willing Hands