

DISTRESS TOLERANCE HANDOUT

Myths about Distress Tolerance

1. I'm unable to control myself / I'm out of control.

CHALLENGE: _____

2. I can't help myself.

CHALLENGE: _____

3. I'm being irrational.

CHALLENGE: _____

4. I'm too sensitive.

CHALLENGE: _____

5. This is never going to end.

CHALLENGE: _____

6. I can't stand it.

CHALLENGE: _____

7. Nothing will ever change.

CHALLENGE: _____

8. It's all my fault. I can't do anything right / I always screw things up.

CHALLENGE: _____

9. It's all their fault. They made me do it.

CHALLENGE: _____

10. It's not fair. / It's not right. / It shouldn't be this way.

CHALLENGE: _____

11. I shouldn't be this way / I am irrational / I'm worthless.

CHALLENGE: _____

12. Nothing works, and nothing will help. It's useless to try.

CHALLENGE: _____

13. It will never get better.

CHALLENGE: _____

14. It's too late. I can't change now.

CHALLENGE: _____

15. I'm a horrible person / a failure / a loser / stupid / an idiot / the worst person that ever lived.

CHALLENGE: _____

16. _____

CHALLENGE: _____

17. _____

CHALLENGE: _____

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Cheerleading Statements for Distress Tolerance

1. I can choose how I react and what I do.
2. I can make effective choices and get through this.
3. There is a reason for the way I feel.
4. My feelings are valid, and I can choose how to be effective.
5. This is temporary. It's like a wave and will pass.
6. I can stand this, even if I don't like it.
7. Things always change. The only constant is change.
8. I am responsible for my actions, and I am doing the best I can.
9. Nobody makes me behave the way I do, and I can make changes.
10. Life isn't fair sometimes. What are my options?
11. I can help myself and do things to feel better.
12. I am the way I am for a reason, and I am worthwhile.
13. There is always hope.
14. If I feel helpless or hopeless now, I won't always feel this way.
15. It's never too late.
16. I have choices. I always have choices.
17. Even if I can't control everything that happens, I can control how I respond.
18. It's ok to let go of trying to control everything.
19. It's ok to not like things. I'm still ok.
20. I am stronger than I think I am.
21. If I'm not making the situation worse, than what I'm doing is working.
22. I have options – I may not see them now, but I do have them.
23. I can treat myself well. I don't have to rely on other people to make me feel better.

OTHERS: _____

