



Distress Tolerance & Crisis Survival Skills: Managing Triggers Effectively

How to use this worksheet:

Use this worksheet to explore and navigate crisis situations where triggers may lead you to act impulsively or revert to substance use. By identifying your triggers and practicing coping skills, you can cultivate resilience and improve your distress tolerance.

Crisis Situation Description

Describe the specific situation that triggered your emotional distress. Include details about the environment, people involved, or events that led to these feelings. This reflection will help you identify patterns and common triggers.

Distress Level (1-10)

Rate your emotional distress on a scale of 1 to 10, where 1 is low distress and 10 is overwhelming. Consider how intense your emotions are at this moment, and reflect on how they might affect your impulses to use substances.

ACCEPTS Skills Used

List the ACCEPTS skills you utilized to cope with the situation. Examples include distractions, contributing to others, comparing yourself to others, and using opposite emotions. Reflect on how these skills helped you manage your distress.

Self-Soothing Techniques Applied

Identify and describe the self-soothing techniques you applied to nurture yourself during this crisis. Consider methods such as deep breathing, taking a warm bath, or listening to calming music. How did these techniques support your emotional state?

Radical Acceptance Practice

Reflect on your practice of radical acceptance in this situation. What parts of your experience can you accept as they are, without resistance? Write about how embracing these aspects may help reduce suffering and enhance your coping.

Final Distress Level (1-10)

Reassess your emotional distress after applying the skills and techniques above. Rate your final level of distress from 1 to 10. Consider how the skills you used may have contributed to any change in your feelings.

"And we know that all things work together for good to those who love God, to those who are the called according to His purpose. - Romans 8:28 NKJV"