

# DISTRESS TOLERANCE

## AKA Crisis Survival Skills

A person's ability to manage an emotional incident without feeling overwhelmed, the ability to accept oneself and the current situation without evaluating or judging

### Radical Acceptance

*When you cannot avoid painful events and emotions*

Remember:

- Rejecting reality does not change reality
- Rejecting reality turns pain into suffering

Practice acceptance coping statements like:

- "I cannot change what has happened."
- "This feeling will pass."
- "This situation is temporary"

### TIP Skills

*To calm down fast*

**T  
I  
P**

Tip the temperature of your face with cold water or ice  
Intense exercise

Paced breathing - slow your pace of inhaling & exhaling  
Paired muscle relaxation - breathe deep and tense your muscles, breath out and release the tension

### STOP Skill

*To help you get through a stressful situation*

**S  
T  
O  
P**

Stop - do not just react

Take a step back

Observe what is going on inside and outside you

Proceed mindfully - act with awareness of your and other's thoughts and feelings

### ACCEPTS Skills

*To distract yourself until the intensity subsides*

**A  
C  
C  
E  
P  
T  
S**

Activities that require concentration

Contributing to someone or something other than yourself  
Comparison to something worse

Emotions - do something to create a competing emotion  
Pushing away the painful thoughts temporarily

Thoughts - count to 10, recite a poem, read a book

Sensations - hold an ice cube, eat something sour

# Difficulty Of Tolerance

**VM Jensen**



**Difficulty Of Tolerance:**

The Top Books of the Year Difficulty Of Tolerance The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Difficulty Of Tolerance : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Difficulty Of Tolerance : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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