

Distress Tolerance Skills

Keeping It In Perspective

This skill is about remembering life is all a matter of perspective.

What you are going through right now might not have been as bad as what you have dealt with in the past. If this is the case, think about how your previous experiences can help you deal with this situation.

Perhaps this is the worst it has ever been. If that is the case, then you can use the smaller difficulties that you have survived and overcome as practice for this current situation. It is almost like this is the marathon of difficulties and everything you have been through up to now has been training for this situation.



I can use my previous experience and skills to be effective now by:

Ways I can get additional help if needed:

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Willingness



"Willingness" is about being open and accepting doing what is needed (even if it means stepping outside your comfort zone). It also means tolerating when you don't get your way or things don't happen the way you think they "should." It is about going with the flow and not fighting reality.

By comparison, willfulness is about struggling and fighting against yourself, others, and the world around you; demanding that things "go *your* way." Let's explore how both of these work in your life.

I am being willful when: _____

Some of the benefits of being willful: _____

Some of the costs of being willful: _____

Ways willing behavior looks different: _____

I am being willing when: _____

Some benefits of being willing are: _____

I can bring more "Willingness" into my life by: _____