

Distress Tolerance & Crisis Survival

Managing triggers effectively



Name: _____ Date: _____

Use this worksheet to explore and navigate crisis situations where triggers may lead you to act impulsively or revert to substance use. Identifying your triggers and practising coping skills builds resilience and improves distress tolerance.

Crisis Situation Description

Describe the situation that triggered your emotional distress — environment, people, or events involved.

Distress Level (1-10)

Rate your emotional distress:

Low 1 2 3 4 5 6 7 8 9 10 Overwhelming

ACCEPTS Skills Used

List the ACCEPTS skills you used — distractions, contributing to others, comparisons, opposite emotions, pushing away, thoughts, sensations.

Self-Soothing Techniques Applied

What self-soothing techniques did you apply? Deep breathing, a warm bath, calming music, etc.

Radical Acceptance Practice

What parts of your experience can you accept as they are, without resistance? How does embracing this reduce suffering?

Final Distress Level (1-10)

After applying skills, rate your distress again:

Low 1 2 3 4 5 6 7 8 9 10 Overwhelming

 "And we know that all things work together for good to those who love God." – Romans 8:28