

My Distress Tolerance Plan

Skills I will use when I am at home:

Items I will need for these skills: _____

Skills I will use when I am in class or at work:

Items I will need for these skills: _____

Skills I will use when I am driving or riding in the car:

Items I will need for these skills: _____

Skills I will use when I am at a social function:

Items I will need for these skills: _____

Other situations and which skills I will use:

Items I will need for these skills: _____