

Distress Tolerance

Objective: Through this worksheet, you'll be able to identify and manage stressful situations in an effective manner

What are the events I find most stressful?

What are the events I find least stressful?

How do I behave in stressful events?

What are the techniques I often use to make events less stressful?

What are some other effective techniques that can be helpful in tolerating stress in future?

EMOTION AND BEHAVIOR REGULATION

Objective: Through this worksheet, you'll be able to identify their emotions and related behaviors in a specific situations

Identify the emotion that you have experienced the most in a specific situation?

How does that emotion affect your behavior?

Was your behavior relevant? Or you could have behaved differently?

What do you think is the most appropriate behavior with those emotions in that specific situation?



REALITY ACCEPTANCE WORKSHEET

Objective: *Through this worksheet, you'll be able to help teens accept their reality.*

- Realities that I refuse to accept?

- What are the Immediate and long-term emotions due to the refused reality?

- Behaviors that I engage in while refusing my reality? (avoiding, displacement, lying, blaming, etc.)

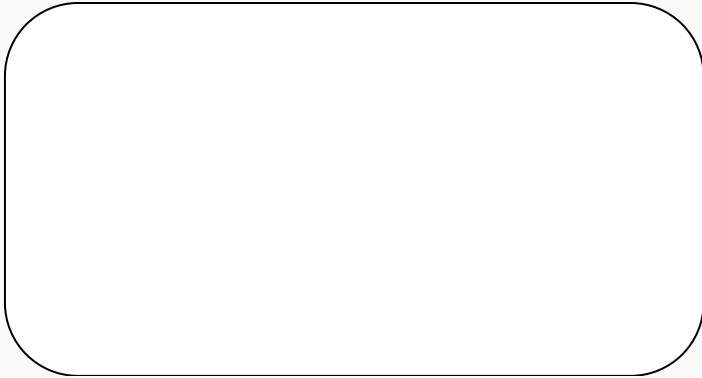
- Possible alternatives if I accept the refused reality?

- Emotions related to acceptance of reality?

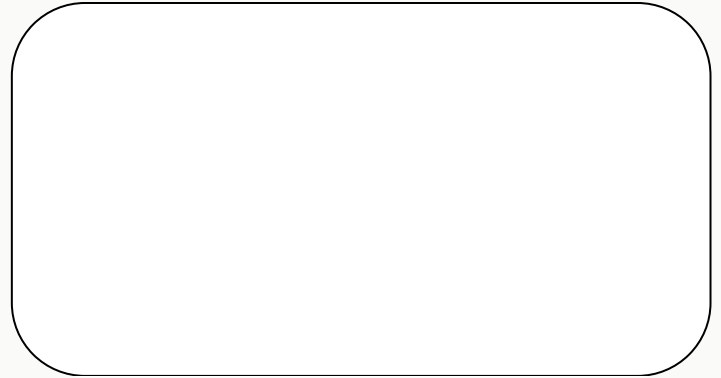
Effective Communication

Objective: Through this worksheet, you'll be able to carry out effective communication and express yourself clearly.

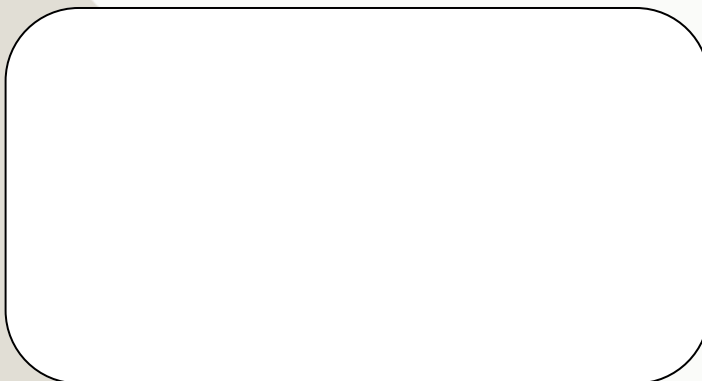
- Identify the situation or an event where you have to carry out a difficult conversation.



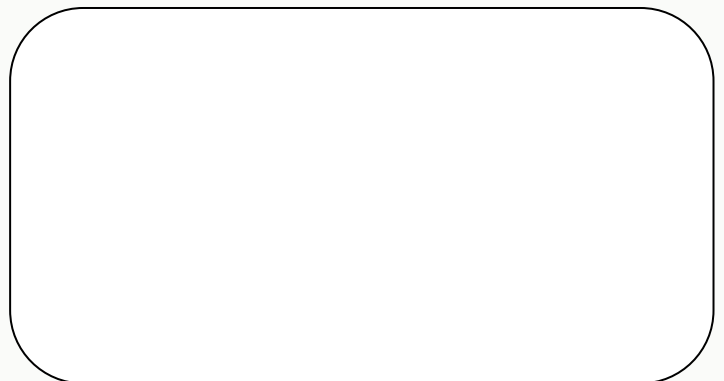
- Identify the ways you can express yourself appropriately in that specific situation



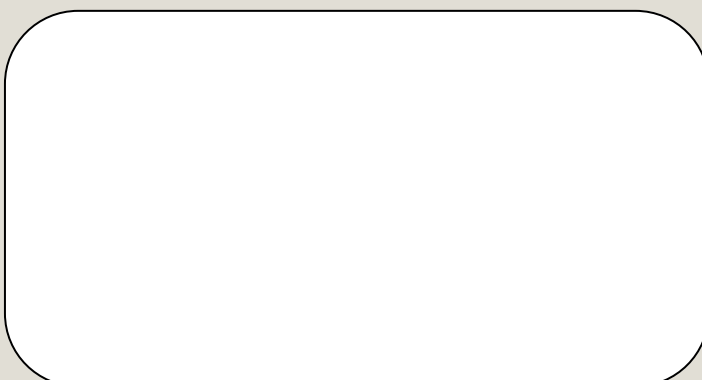
- What are some Possible emotions/ feelings during that specific conversation?



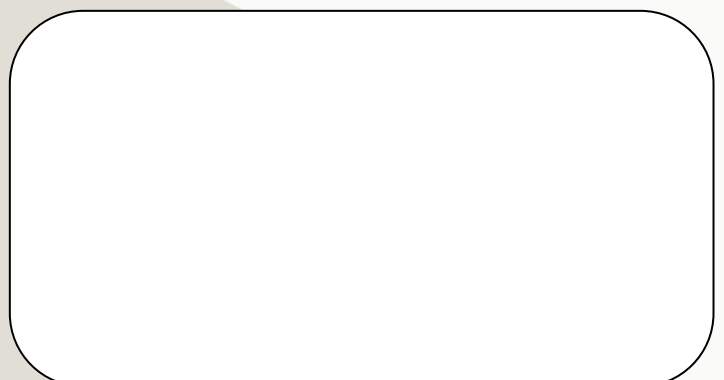
- How do you understand and consider others' perspectives while having a conversation?



- What are the possible outcomes you are expecting from that conversation?



- How will you deal with the situation if the conversation does not go according to you?



Live in the moment

Objective: Through this worksheet, you'll be able to Foster the habit of living in the moment using 5-4-3-2-1 technique.

- What are the 5 things you can currently see?

- What are the 4 things you can currently touch?

- What are the 3 things you can currently hear?

- What are the 2 things you can currently smell?

- What is the 1 thing you can currently taste?