A PAUSE, A PRACTICE, A NEXT STEP

Distress Tolerance Skills

Get through a difficult moment with care.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Check what is urgent

If there is immediate danger or a medical emergency, get emergency help. Otherwise, name what you need to get through: the next few minutes, a conversation, or a wait.

01 / Notice and reflect

What do I need to get through right now?

02 / Notice and reflect

Which safe tool is easiest to use?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek immediate crisis support if you might hurt yourself or someone else, or cannot stay safe. Persistent intense distress deserves professional care even if short-term skills sometimes help.

Read more: VA National Center for PTSD · Coping with traumatic stress reactions

More tools and immediate support: Our Healing Room / Crisis Support.