

DISTRESS TOLERANCE WORKSHEET

Turning the Mind, Willingness, Willfulness

Practice each skill and rate your level of distress tolerance before (pre) and after (post) using the skill as follows: 0 = “no tolerance, a nightmare” to 100 – “easy tolerance, piece of cake.” List what you tried specifically under the rating.

Turning the Mind

Identify a short-term goal or long-term goal (part of your Live Worth Living) that you have not been moving toward:

Make an inner commitment to step toward your goal. What are you telling yourself about this goal? What have you committed to doing?

Describe your plan for catching yourself the next time you drift from your goal:

Pre: _____ Post: _____

Willingness

Describe something new or challenging thing you did to move forward on your goal:

Pre: _____ Post: _____

Willfulness

Notice and describe how you are not effectively participating in the world as it is, or how you are not doing something that you know needs to be done to move toward a goal:

Describe how you radically accepted your willfulness. (For example, describe some of the causes of your willfulness and practice accepting these reasons for being willful).

Notice and describe where you experience willfulness, and describe how you practiced letting go of the willfulness:

Describe what you did that was willing:

Pre: _____ Post: _____