

T.I.P.P.

T.I.P.P. is a set of DBT Distress Tolerance skills intended for use when you are in crisis or overwhelmed with intense, painful emotions. T.I.P.P. is also useful for grounding if you experience panic attacks or dissociation. The goal of T.I.P.P. is to decrease the intensity of your distress so you can tolerate the moment, reduce your suffering, and keep yourself from acting in ways that might make the situation worse.

Temperature Change (aka “Dive Response”)

Be cautious if you have a heart condition or have had a heart attack

- Fill a sink with cold water and add some ice.
- Hold your breath and dunk your face in the water for 30 seconds.
- Repeat until intense emotion decreases.
- If a sink/water is not available you can hold ice packs, ice cubes, frozen vegetables, etc. on your face, around your eyes and forehead.

Intense Exercise

- Run/walk around the block at fast pace, dance, do jumping jacks, etc.
- Anything you can do to burn off the energy.



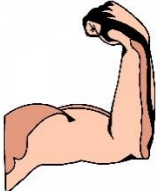
Progressive Muscle Relaxation

- Go through your body and relax one area at a time.
- If your distress is high, squeeze all the muscles in each area tightly for a few seconds, then release.
- Avoid tensing any areas where you might have an injury.

Paced Breathing

- Empty your lungs of air
- Breathe in quietly through your nose for 4 seconds
- Hold the breath for a count of 7 seconds
- Exhale forcefully through your mouth, pursing your lips, and making a "whoosh" sound, for 8 seconds
- Repeat the cycle up to 4 times

T.I.P.P. Worksheet

Crisis Survival Skill	My Plan
<p>Temperature Change</p> 	
<p>Intense Exercise</p> 	
<p>Progressive Muscle Relaxation</p> 	
<p>Paced Breathing</p> 