Short-Term Distress Menu - Practice worksheet

Build a menu of accessible distraction, soothing, and support options with a clear time to reassess.

Adults; supported use as appropriate | 15 minutes

Fictional example: Taylor chooses quiet music while waiting for an uncertain result.

Use an ordinary or fictional example, with a clinician when appropriate. Short-term coping aims to get through a moment without adding avoidable harm.

Practice task

Build a menu of accessible distraction, soothing, and support options with a clear time to reassess.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. Which option fits this moment, and when will you reassess?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A07-2