House Group: A Distress Tolerance Room - Scenario Card Exchange

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: Riley chooses quiet music and a brief check-in during a stressful wait.

1. What is known in the fictional example, and what needs checking?

2. Create a menu of accessible soothing, distraction, and connection options with a time to reassess. My notes, drawing, or possible response:

3. Which option helps without creating another problem?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.