A Distress Tolerance Room - Practice worksheet

Create a menu of accessible soothing, distraction, and connection options with a time to reassess.

Adults; supported use as appropriate | 15 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A coping space can contain short-term options for getting through a difficult moment.

Practice task

Create a menu of accessible soothing, distraction, and connection options with a 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 helps without creating another problem?

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

Scope and adaptation

An original DBT-informed house metaphor for educational reflection, not an official standardized DBT assessment, diagnostic drawing test, or comprehensive DBT. The maker defines meanings. Offer another metaphor if housing is sensitive, and allow omissions or fiction. Do not interpret rooms, colors, or omissions as evidence of pathology or safety.

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/recovery/resources/DBH-A08-2