INTEGRATED
treatment solutions

Distress Tolerance — Accepting Reality
Observing Your Breath

Deep Breathing

Measuring your Breath by Your Footsteps

Counting Your Breath

Following Your Breath While Listening to Music

Following Your Breath While Carrying a Conversation

Following the Breath

Breathing to Quiet the Mind and Body

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Adapted by "Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance", McKay, Wood and Brantley.