

Pros and Cons of Tolerating Distress

- Focus on long-term goals — The light at the end of the tunnel. Remember times when the pain has ended.
- Think of the positive consequences of tolerating the distress —
Picture in your mind how good you will feel if you don't act impulsively.

PROs

CONs

Pros and cons of NOT tolerating the distress

- Think of all the negative consequences of NOT tolerating the distress
- Remember what has happened in the past when you have acted impulsively to escape the moment.

PROs

CONs
