

**Recognise and allow the emotion without pushing it away:**

“I’m feeling...[e.g. angry, unworthy, scared]. I am uncomfortable and okay. I can allow myself to experience this feeling, I can make space for it, don’t have to be afraid of it or use any behaviours to try and numb it or get rid of it.”

**Watch the emotion:**

“I can just watch this feeling and see what it does, I don’t have to engage with it. I am going to explore it, where do I feel this sensation in my body? Is it a colour? Or perhaps it is a shape? Is it hot or cold? I know that this is just an emotion, just a feeling to be felt, nothing more and nothing less. I am not my emotions, I am the one who witnesses my emotions. I am learning that these feelings are just like an ..... [e.g. ocean wave, I can just float with the wave, letting it bob me up and down, I don’t need to fight against it frantically, I can just let float with the wave.]

**Be present:**

” I will turn my attention back to the task I am doing now, noticing what I can see, hear, smell, taste and touch. I could also turn my attention towards my breath, noticing each in breath and each out breath “

**Deal with emotional comebacks:**

”I feel the emotion returning, that is okay, that’s what emotions do, they come and they go. I will just go back to watching it again, it is just another [e.g. ocean wave]”

# Distress Tolerance Self Script Worksheet

**A JOURNEY TO FULLNESS**

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Watch the emotion:

Be present:

Deal with emotional comebacks: