

## What is Distress Tolerance?

- Distress Tolerance refers to a skill set from Dialectical Behaviour Therapy (DBT). It teaches skills to help ride the wave of intense & overwhelming emotional distress. The distress can be so intense that it runs the risk of leading to destructive urges/behaviours. Distress Tolerance is defined as:
  - Accepting yourself & the current situation in a nonjudgmental way.
  - Accepting your environment without demanding that it be different.
  - The ability to experience your emotions without trying to change them.
  - The ability to observe your own thoughts & behaviours without trying to stop or control them.

## When to use Distress Tolerance?

When emotional distress becomes overwhelming.

When you are having intense pain that cannot be helped quickly.

When you are having extreme distress but the problem can't be solved immediately.

When you are feeling overwhelmed but need to do something important/urgent.

When you want to act in emotion mind & that would make things worse.

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