

Week 4: Crisis Survival Homework Worksheet

Practicing TIPP Skills in Stressful Moments


What are TIPP Skills?

TIPP skills help regulate intense emotions quickly by focusing on physiological responses.

TIPP stands for:

- **Temperature** – Change your body temperature (e.g., splash cold water on your face, hold ice).
- **Intense Exercise** – Engage in short bursts of movement (e.g., jumping jacks, running in place).
- **Paced Breathing** – Slow and steady breaths (e.g., inhale for 4 seconds, exhale for 6 seconds).
- **Progressive Muscle Relaxation** – Tense and relax different muscle groups.

Part 1: Identifying a Stressful Moment

 Date: _____

Describe a stressful situation where you used or could have used TIPP skills:

Part 2: Using TIPP Skills

Which TIPP technique(s) did you use? (Check all that apply)

Temperature: What did you do?

Intense Exercise: What activity did you try?

Paced Breathing: How long did you practice?

Progressive Muscle Relaxation: Which muscles did you focus on?

Week 4: Crisis Survival Homework Worksheet

Practicing TIPP Skills in Stressful Moments

Part 3: Reflection

How did your body feel before using TIPP skills? (e.g., tense, restless, overwhelmed, numb, shaky, etc.)

How did you feel immediately after using TIPP skills? (e.g., calmer, more in control, less anxious, etc.)

Did this help reduce your emotional distress? Why or why not?

If you didn't use a TIPP skill in the moment, which one could have helped?

Part 4: Plan for Next Time

What is one TIPP skill you will try again when feeling overwhelmed?

Where can you keep a reminder of TIPP skills (phone note, sticky note, etc.)?

 **Bring this worksheet to your next session to discuss your experience!**

DISTRESS TOLERANCE SKILLS

Regulate your physiological responses and cultivate relaxation during moments of intense distress.

TIPP

T

Tip the temperature: Holding your breath put your face in bowl of cold water, or hold a cold pack on your eyes and cheeks. Hold for 30 seconds and keep water above 50 F.

I

Intense Exercise: Engage in intense exercise, if only for a short while.

P

Paced Breathing: Breathe deeply into your belly, slow your pace of inhaling and exhaling way down breath out more slowly than you breathe in.

P

Paired Muscle Relaxation: While breathing into your belly, deeply tense your body muscle. Notice the tension in your body. While breathing out, let go of the tension notice the difference in your body.