DISTRESS TOLERANCE WORKSHEET 6C

(Distress Tolerance Handout 8a)

Body Scan Meditation, Step by Step

Due Date: _____ Name: _____ Week Starting: _____

Practice as many times as you can. Check whether you practiced alone, listening to a recording, watching YouTube, or being guided by a person.

Day	Describe your experience	How much time passed doing this skiill?	Rate before and after body scan		
				Emotion	
			Distress tolerance (0 = I can't stand it; 5 = I can definitely survive)	Negative emotion intensity (0–100)	Positive emotion intensity (0–100)
1	❑ Alone ❑ Recording ❑ Person guiding ❑ YouTube		/	/	/
2	❑ Alone ❑ Recording ❑ Person guiding ❑ YouTube		/	/	/
3	❑ Alone ❑ Recording ❑ Person guiding ❑ YouTube		/	/	/
4	❑ Alone ❑ Recording ❑ Person guiding ❑ YouTube		/	/	/
5	❑ Alone ❑ Recording ❑ Person guiding ❑ YouTube		/	/	/

Conclusions or questions about this skills practice:

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

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