

Healthy Distress Tolerance Diary



You might like to put a cross to mark where you think you are on this continuum at the moment.



Day/Time	Negative Emotion	Intolerable (0-100) 0 tolerable – 100 intolerable	My reaction to the emotion
Monday 8am	Anxious	40	<ul style="list-style-type: none"> Stopped the anxiety by calling in sick to work. This was unhelpful given how many sick days I have had, and I will just have to face work tomorrow
Monday 2pm	Angry	33	<ul style="list-style-type: none"> Did some breathing, watched TV, the feeling passed.
Monday 8pm	Sad	59	<ul style="list-style-type: none"> Drank, felt worse, hungover

NB: If there is not enough room on this sheet for you to record your levels you can use a notebook or other paper to bring along to your next session.