

## TIPP Skill: Changing Your Body Chemistry

A Distress Tolerance skill to lower intensity of emotions to resist urges for target behaviors. This is the fastest skill to use when at your skills breakdown point.

**T** Temperature: Using cold water in a baggie, hold it over your nose and eyes for 30 seconds or Put your face in a bowl of cold water. Don't use ice.

**I** Intense Exercise: vigorous movement for 5-20 minutes. (run up and down the stairs, lift weights, jumping jacks)

**P** Paced Breathing: Slow the pace of your breath, breathe out more slowly than you breathe in. Count in and out (3in, 6 out).

**P** Paired Muscle Relaxation: Tense your muscles while breathing for 5-10seconds, then release the tension and notice the difference.

**Pros and Cons of Target Behaviors.** (Have these already filled out on all major target behaviors)

	Pro of acting on target behavior	Con of acting on target behavior
Pro of not acting on target behavior		
Con of not acting on target behavior		

\*\*Remember to add emotions, effects on relationships, short term and long term and values.