

Name: _____

Date: _____

Pros Group Distress Tolerance

U M O Y C Q K C N L W F J P E U D M I L M P F T
E L Q X P M W E T A C S A M T G V K O U W O M U
X C V M K C O C C F G A E W U G N I T C E J E R
T M W Y E I R K L W X Q E C M M J H Y P O W T S
S W R I T E K E V L I M Q A N D J I N F C M C K
A S D F H K S I G C O H H T E A M Q T K N P O I
F X E T T R N N A T S T T D E D R T O S I C N L
V G A N U F I Y I F D J N F K W I E A N V L T L
G E X O R R O O O Q N K Y B S K O S L J C N R S
W X Y P E E N C E W G C K D B K T L T O U C O X
G N G F I S T V F Z A Z P K K Y G D T U T R L A
I J F U Q R L T C A C H A N G E U N W R O Q J V
R U Y N U Z T H I H C I A C N C D U I B T J H O
S E G H X I C J I B D C W V Q R M H G T N J T O
X R A I T B N N Y Q B B E V C C Q T O D H Z S S
W B N L P X A Q B D G M E P W K Q U D K F G E H
H V R A I O D R L I Z J G S T Q Q O N A C M I U
X N I E D T A Q Q S I O T T T A S T U Y A U A F
P N Y O X D Y C S T H O G Q Y X N Q J X Y M T N
T I K Z I K V S L R P H W K M G I C G Y C M I S
H H Y C L B D Q O E W M N G J P R P E I O P Q Q
H T A E C Y L C K S Q E E N V I R O N M E N T J
C L M P L T C L E S W W P Y O Z S O G Z S K Q V
E U U X V O O I C D I O V A J Z Y N H I R Q U T

environment	acceptance	bitterness	tolerance	rejecting
suffering	distress	emotions	fighting	yourself
control	outside	Radical	reality	weather
change	Skills	avoid	stuck	pain
stop				