

# DBT Crisis Plan

Last Updated: \_\_\_\_\_

## Observing Warning Signs:

What are the signs that a crisis may be developing? What body sensations (pit in stomach, heart racing, flushed), specific emotions (sadness, shame, anger), situations (argument with a loved one) etc. should I look out for (e.g., common links on the chain)?

### My Life Worth Living Goals:

What goals (short AND long term) can I stay mindful of to help me through this crisis effectively (even when it's painful)?

### Crisis Survival Skills!

for when ineffective urges show up

#### My Go-To Distract Strategies

#### Favorite Ways to Self-Soothe

Activities

Hearing

Contribution

Smell

Comparison

Taste

Emotions

Vision

Pushing Away

Touch/Movement

### Extra Skills:

What are some other skills I can practice?

Thoughts

#### Other Crisis Skills to Consider

Sensations

Pros/Cons  
(DT Handout #9)

IMPROVE  
(DT Handout #7)

### Using TIP Skills to Change Body Chemistry

See Distress Tolerance HO #11 for add'l instructions. Do not use T and I if you have heart issues.

**Temperature:** Place bowl of ice water between your knees, take a deep breath and plunge your face in. Hold for at least 15 sec. Repeat as needed.

**Intense Exercise:** Do jumping jacks, squats, sprint etc. until you can't anymore.

**Paced Breathing:** Breathe into your belly. Slow your breathing. Extend the length of your exhale (ex. Inhale for count of 5, exhale for count of 7)

**Paired Muscle Relaxation:** see DT Handout #11 for instructions

### Things I Can Do to Reduce Risk in My Environment

### People I Can Contact for Distraction or for Help

Name:

Phone:

Name:

Phone:

Name:

Phone:

Clinician Name:

Phone:

Urgent Care

Address:

Phone:

Suicide and Crisis Lifeline: text or call 988

Check out the DBT-RU playlist of skills videos if you need help practicing! [youtube.com/dbtru](https://www.youtube.com/dbtru)