



Staying with an ordinary hard moment

The skill of resilience · name: _____ · date: _____



Nerves, embarrassment, restlessness and disappointment can create a strong wish to escape immediately. Distress tolerance is the ability to move through an ordinary hard moment without demanding that the feeling disappear first. It is not endurance of danger, abuse or overwhelming distress, and it includes asking for help or stepping away.

What we are practising

By the end of this lesson, you can describe an ordinary difficult feeling as something that can change over time and identify a safe way to stay present without making the moment worse.

During the activity

Chart a changing feeling: notes, noticing, or nothing at all. This sheet is yours.

Take it with you

In what kinds of everyday situations might it help to stay with an ordinary hard feeling for a while, and when would it be better to step away or ask for help?

Exit ticket · Staying with an ordinary hard moment

What does distress tolerance mean in this lesson?

- a) Getting rid of a hard feeling as quickly as possible
- b) Moving through an ordinary hard moment without making it worse, which can include asking for help or stepping away
- c) Only ever letting yourself feel positive emotions
- d) Making sure nobody ever sees that you are upset

I can describe an ordinary hard feeling as something that can change over time, and name one safe way to stay with it or get support.

☐ more than before ☐ about the same

In what kinds of everyday situations might it help to stay with an ordinary hard feeling for a while, and when would it be better to step away or ask for help?

Exit ticket · Staying with an ordinary hard moment

What does distress tolerance mean in this lesson?

- a) Getting rid of a hard feeling as quickly as possible
- b) Moving through an ordinary hard moment without making it worse, which can include asking for help or stepping away
- c) Only ever letting yourself feel positive emotions
- d) Making sure nobody ever sees that you are upset

I can describe an ordinary hard feeling as something that can change over time, and name one safe way to stay with it or get support.

☐ more than before ☐ about the same

In what kinds of everyday situations might it help to stay with an ordinary hard feeling for a while, and when would it be better to step away or ask for help?

Exit ticket · Staying with an ordinary hard moment

What does distress tolerance mean in this lesson?

- a) Getting rid of a hard feeling as quickly as possible
- b) Moving through an ordinary hard moment without making it worse, which can include asking for help or stepping away
- c) Only ever letting yourself feel positive emotions
- d) Making sure nobody ever sees that you are upset

I can describe an ordinary hard feeling as something that can change over time, and name one safe way to stay with it or get support.

☐ more than before ☐ about the same

In what kinds of everyday situations might it help to stay with an ordinary hard feeling for a while, and when would it be better to step away or ask for help?

Exit ticket · Staying with an ordinary hard moment

What does distress tolerance mean in this lesson?

- a) Getting rid of a hard feeling as quickly as possible
- b) Moving through an ordinary hard moment without making it worse, which can include asking for help or stepping away
- c) Only ever letting yourself feel positive emotions
- d) Making sure nobody ever sees that you are upset

I can describe an ordinary hard feeling as something that can change over time, and name one safe way to stay with it or get support.

☐ more than before ☐ about the same

In what kinds of everyday situations might it help to stay with an ordinary hard feeling for a while, and when would it be better to step away or ask for help?
