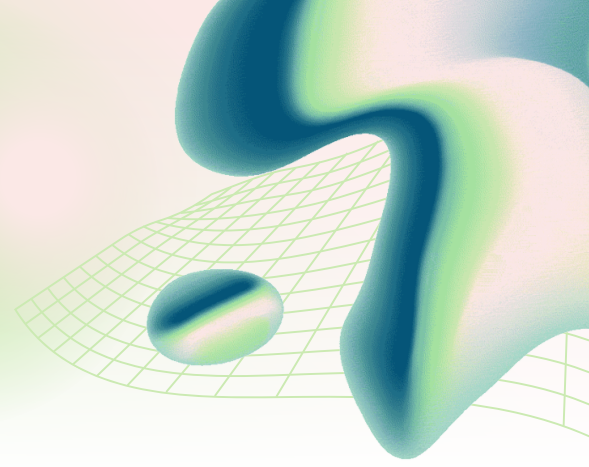


DBT TIPP SKILLS

Distress tolerance techniques



Introduction to TIPP

The TIPP skill is a Dialectical Behavior Therapy (DBT) distress tolerance technique designed to quickly reduce overwhelming emotional arousal. It stands for **Temperature**, **Intense Exercise**, **Paced Breathing**, and **Paired Muscle Relaxation**. Using these techniques can help you manage intense emotions in the moment and prevent them from escalating.

Temperature (Tip the Temperature of Your Face with Cold Water)

Why it works: Applying cold water to your face stimulates the vagus nerve, which helps to slow down your heart rate and calm your nervous system.

How to do it:

1. **Fill a bowl with ice water.** Make sure it's cold enough to feel a shock.
2. **Hold your breath.**
3. **Submerge your face** in the water for 15-30 seconds.
4. **Alternatively:** Hold a cold pack or ice pack to your eyes and cheeks. Avoid prolonged use to prevent frostbite.

Reflection Prompt: How does changing your body temperature affect your emotional state?

Intense Exercise (Intense Aerobic Exercise)

Why it works: Exercise releases endorphins, which have mood-boosting effects. Intense activity can also serve as a distraction from overwhelming emotions.

How to do it:

1. **Engage in intense aerobic exercise** for at least 10-20 minutes.
2. **Examples:** Running, jumping jacks, dancing, or any activity that gets your heart rate up.

3. **Focus on your body** and the physical sensations of the exercise.

Reflection Prompt: What physical activities help you release pent-up energy and emotions?

Paced Breathing (Pace Your Breathing)

Why it works: Paced breathing activates the parasympathetic nervous system, which promotes relaxation and reduces anxiety.

How to do it:

1. **Inhale deeply** through your nose for a count of 4.
2. **Hold your breath** for a count of 2.
3. **Exhale slowly** through your mouth for a count of 6.
4. **Repeat** for several minutes, focusing on your breath.

Reflection Prompt: Where and when do you notice your breathing changes? How do you notice those changes help you?

Paired Muscle Relaxation (Progressive Muscle Relaxation Paired With Breathing)

Why it works: Tensing and relaxing muscle groups can release physical tension associated with emotional distress. Paired with breathing, it enhances relaxation.

How to do it:

1. **Find a comfortable position.**
2. **Tense a specific muscle group** (e.g., hands) for 5-10 seconds while inhaling.
3. **Release the tension** suddenly while exhaling.
4. **Repeat** with different muscle groups (arms, shoulders, legs, etc.).
5. **Focus on the difference** between tension and relaxation.

Reflection Prompt: What muscle groups do you hold the most tension in?

Putting It All Together

Experiment with each TIPP skill to find what works best for you in different situations. Practice these techniques regularly, even when you're not in distress, to build your emotional regulation skills. You can combine techniques to find further relief.

Disclaimer: *This workbook is for informational purposes only and should not be considered a substitute for professional mental health advice. If you're experiencing a mental health crisis, please seek help from a qualified professional.*

Conclusion

This workbook introduced the TIPP skills, a set of DBT techniques designed to help you manage intense emotions. By using temperature changes, intense exercise, paced breathing, and paired muscle relaxation, you can effectively regulate your emotional responses and improve your overall well-being. Remember to practice these skills regularly to build resilience and effectively manage distress.

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