LESSON 3

Reflective Questions:

Date: _____

What stressors do you feel are currently piling up in your life?

How do these stressors impact your distress tolerance?

LESSON 3

Reflective Questions:

Date: _____

How would you currently rate your distress tolerance?

Have you noticed your reactions to situations changing when your distress tolerance is lower?

LESSON 3

Reflective Questions:

Date: _____

How would you currently rate your distress tolerance?

Have you noticed your reactions to situations changing when your distress tolerance is lower?