



1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209
Phone 704-910-8381 | Fax 704-981-8282
www.findyourbase.com

DBT In-Depth: Distress Tolerance

- 1) What four modalities are present in DBT delivery?
 - a) Outpatient therapy, inpatient therapy, medication management, clinician consultation groups
 - b) Outpatient therapy, intensive outpatient therapy, inpatient therapy, crisis groups
 - c) Individual therapy, group therapy, in-the-moment phone coaching, clinician consultation groups
 - d) Individual therapy, family therapy, group therapy, medication management

- 2) How is dialectic defined?
 - a) Integrating both positive and negative qualities of the self
 - b) Synthesis or integration of opposites
 - c) Fusing dichotomous thinking
 - d) Empathizing with self and others

- 3) What is not a core assumption of DBT?
 - a) It is our responsibility to fix our own problems
 - b) Suffering is caused by an inability to regulate emotions
 - c) Everyone is doing the best they can
 - d) Everyone will need medication for DBT to be helpful

- 4) Studies have shown that...
 - a) High distress tolerance is associated with worsening depressive symptoms
 - b) High distress tolerance is vulnerable to sleep disruption
 - c) High distress tolerance decreases OCD symptoms
 - d) All of the above

- 5) How can we gain insight into emotional states?
 - a) Physical mapping
 - b) Emotional identification
 - c) Mindfulness
 - d) All of the above



1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209
Phone 704-910-8381 | Fax 704-981-8282
www.findyourbase.com

- 6) What are the TIPP skills?
- a) Temperature, intense exercise, pick battles, paced breathing
 - b) Temperature, intense exercise, paced breathing, paired muscle relaxation
 - c) Time, increase communication, pleasure, practice
 - d) Time, increase communication, pick battles, paced breathing
- 7) The following were discussed as examples of ACCEPTS skills except...
- a) Taking a vacation
 - b) Helping someone else
 - c) Doing a crossword puzzle
 - d) Create music playlists that engage different emotions
- 8) The goal of acceptance is to transform and remove pain.
- a) True
 - b) False
- 9) Which of the following are part of acceptance?
- a) Problem solving “what ifs”
 - b) We are only given what we can handle
 - c) There are limitations for everyone
 - d) Everything happens for a reason
- 10) Rejection of reality shifts...
- a) Pain into suffering
 - b) Sadness into happiness
 - c) Selfishness into empathy
 - d) Happiness into sadness
- 11) Emotionally jumping off a cliff is an illustration of...
- a) Mindfulness
 - b) Effective rethinking
 - c) Soothing
 - d) Willingness



1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209
Phone 704-910-8381 | Fax 704-981-8282
www.findyourbase.com

12) All of the following are ways to practice openness except:

- a) Tensing fists and then opening
- b) Telling our deepest secret
- c) Trying something new each day
- d) Meditating

13) Alternate rebellion can...

- a) Increase emotional discomfort
- b) Increase a personal sense of power
- c) Increase unnecessary burden
- d) Increase balance