

HELPLESSNESS TOLERANCE TRAINING

I cannot have control in this situation.

It is unpleasant having X (e.g., pain, fatigue, tremor) but I can bear it if I work on living with it.

Accept the fact that my life will contain X.

Do not hate that fact.

I do not know when X will not be part of my life. I would like to know but I do not have to know in order to be content.

In the meantime, while X is present in my life, I need to work on tolerating it.

It would be nice to know how my life will be in the future but I do not have that information. Accept that.

I can still have control, though, by practicing tolerance skills.

Control what I can control, especially my own responses to X.

I can make alternative plans and be happy if I know how to tolerate this unpleasant situation. Tolerance gives me freedom.

Stay in the here-and-now. Deal with the problem facing me right now and learn how to bear it. That I can control.

I would like to be without X but I can manage living with X.

In the meantime deal with what I am facing this moment. I have to tolerate its presence. It would be nice not to have X but that is not my situation.

Living a life with X is not desirable but it is not awful either.

I make things awful when I hate having X in my life.