

DBT WORKSHEET

TIPP — for emotional crisis

When the wave is too big to think through, TIPP changes your body chemistry first. Use it before journaling, not instead of it.

T**Temperature**

Splash cold water on your face (cheeks + above eyes) for 30 seconds, or hold an ice pack. Triggers the mammalian dive reflex — slows the heart, settles the nervous system.

I**Intense exercise**

60–90 seconds of all-out movement: jumping jacks, stair sprints, push-ups. Burns through stress hormones already in the bloodstream.

P**Paced breathing**

Breathe out longer than you breathe in. Try 4 in, 7 out, for 2 minutes. The long exhale tells the body the danger has passed.

P**Paired muscle relaxation**

On the inhale, tense a muscle group (fists, shoulders, jaw). On the exhale, release. Move through the body, naming each part you let go of.

Your TIPP plan

Which one usually lands best for me:

Where I'll keep what I need (ice pack, towel, timer):

A one-line note to my future self for the next crisis:
