

IMPROVE Skills: DBT Distress Tolerance

InsightTimer

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[Tools For DBT](#)

The **IMPROVE Skills** are a DBT tool that help you manage emotional distress by using strategies to shift your focus and care for yourself in the moment. They support you in staying grounded and responding more calmly until the intensity passes.

I

Imagery

Visualize a peaceful scene.

M

Meaning

Find purpose or meaning in the distress.

P

Prayer or Spirituality

Draw on faith or spiritual practices.

R

Relaxation

Practice deep breathing or muscle relaxation.

O

One thing at a time

Focus on the present moment or task.

V

Vacation (mental)

Picture yourself in a safe, relaxing place.

E

Encouragement

Give yourself kind, supportive messages.

Tips

1. Use the worksheet during distress, not just after.
2. Track distress levels before, during, and after each skill.
3. Practice when calm to prepare for tough moments.
4. Save your notes to spot which strategies work best.