



The TIP skill is intended to quickly change your body chemistry in order to reduce the effects of an overwhelmed emotional mind; where your thinking and behaviors seem to be controlled by your overwhelming emotions.

Tip the temperature

Tip the temperature of your face with ice water (to calm down fast). Hold your breath, put your face in a bowl of ice water, or hold an ice pack on your eyes and cheeks. Hold for 10 to 30 seconds.

Intense Exercise

Engage in intense exercise; if only for a short while, to calm down your body when it is revved up by emotion. Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

Paced Breathing

Pace your breathing by slowing it down. Breathe deeply into your belly. Slow the pace of inhaling and exhaling way down (on average, five to six breaths per minute). Breathe out more slowly than you breathe in (for example, 5 seconds in and 7 seconds out).

Practice

Instructions: Over the next few days, when an unpleasant emotion is triggered, practice using the TIP skill, and document that situation below.

Situation 1:

Describe the situation wherein the emotion was triggered:

What emotions did you experience, and how intense did they feel on a scale of 0 to 10?

Describe how you used the TIP skill:

How effective was this skill in reducing the intensity of the unpleasant emotion?

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"TIP" Skill

Situation 2:

Describe the situation wherein the emotion was triggered:

What emotions did you experience, and how intense did they feel on a scale of 0 to 10?

Describe how you used the TIP skill:

How effective was this skill in reducing the intensity of the unpleasant emotion?
