

# DEALING WITH INTENSE EMOTION

**T**

Tip the temperature of your body with cold/ice water



When our emotions are overwhelmingly intense, it's difficult for our brain to process info and calm ourselves down.

**I**

Intense exercise for ~20 minutes



The TIPP skill comes from DBT and it uses your body chemistry to help slow your heart rate and regulate your breathing.

**P**

Paced breathing (in for 4, hold for 4, out for 4, repeat)



As the TIPP skills are a "quick fix," make sure you don't overdo it. Rather, use the skills in a pinch to help the negative emotion pass.

**P**

Progressive muscle relaxation



# Tips Therapy Techniques

**David G. Myers, C. Nathan DeWall**



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