

TIPP + Urge Surfing Skill Card

A distress-tolerance worksheet for therapist-led rehearsal before between-session use.

Use when

Distress has narrowed the client's response space and the immediate task is lowering arousal before reflection.

TIPP sequence

Temperature change I can use safely

Intense movement option

Paced breathing pattern

Paired muscle relaxation focus

Urge surfing log

Time	Urge 0-10	Skill used	Outcome 0-10	Notes

Therapist review

What made the skill easier or harder to use?

What should we rehearse differently next session?