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The TIPP Skill

Four body-based ways to bring overwhelming emotion down in minutes, for the moments when thinking it through is out of reach.

DISTRESS TOLERANCE · USE AT 8 OUT OF 10 OR HIGHER



The four techniques

T Temperature

Hold your breath and put your face in a bowl of cold water (or press an ice pack over eyes and cheeks) for 15 to 30 seconds. The cold triggers the dive reflex, which slows your heart rate fast.

Try: cold water, ice pack, frozen peas, a cold shower

I Intense exercise

Move hard for a short burst: stairs, jumping jacks, fast squats, a sprint. Even 60 seconds helps. You use up the adrenaline the emotion released, and your body settles afterwards.

Try: 60 seconds of jumping jacks or running on the spot

P Paced breathing

Slow down to about five or six breaths a minute, with the out-breath longer than the in-breath. For example, in for 4 counts and out for 6 to 8. Keep going for two to five minutes.

Try: in 4, hold 1, out 7

P Paired muscle relaxation

Breathing in, tense one muscle group hard for about 5 seconds. Breathing out, let go completely and notice the difference for 10 seconds. Move through hands, arms, shoulders, face, belly and legs.

Try: fists, then shoulders, then jaw

Safety first: the cold-water step slows the heart quickly. If you have a heart condition, an eating disorder with medical complications, or take beta-blockers, ask your doctor before using it. The other three steps suit nearly everyone.

My TIPP plan (fill this in while you are calm)

My cold option and where it is

My breathing rhythm (in / out counts)

My 60-second movement

Muscle groups that hold my tension

Practice log

Date	What set it off	Steps I used (T I P P)	Before 0-10	After 0-10	What helped



Practice this on your phone with the free DBT-Mind app.

Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/tipp-skill

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