

Am I Distress Intolerant?

If you are still a bit unclear as to whether distress intolerance is a problem for you, take a look at the following statements. Put a tick next to the statements you strongly agree with.

Feeling distressed or upset is unbearable to me	
When I feel distressed or upset, all I can think about is how bad I feel	
I can't handle feeling distressed or upset	
My feelings of distress are so intense that they completely take over	
There is nothing worse than feeling distressed or upset	
I don't tolerate being distressed or upset as well as most people	
My feelings of distress or being upset are not acceptable	
I'll do anything to avoid feel distressed or upset	
Other people seem to be able to tolerate feeling distressed or upset better than I can	
Being distressed or upset is always a major ordeal for me	
I am ashamed of myself when I feel distressed or upset	
My feelings of distress or being upset scare me	
I'll do anything to stop feeling distressed or upset	
When I feel distressed or upset, I must do something about it immediately	
When I feel distressed or upset, I cannot help but concentrate on how bad the distress actually feels	

The above statements are an adaptation of the Distress Tolerance Scale (Simons & Gaher, 2005)

If you find yourself agreeing with a lot of the above statements, then this can be a sign of having difficulties with tolerating emotional distress.