

# PROS AND CONS OF DOING A PROBLEM BEHAVIOR

Distress Tolerance	PROS	CONS
<p><b>Not Doing A Problem Behavior</b> Tolerating Distress</p>	Short Term	Short Term
	Long Term	Long Term
<p><b>Doing A Problem Behavior</b> Not Tolerating Distress</p>	Short Term	Short Term
	Long Term	Long Term