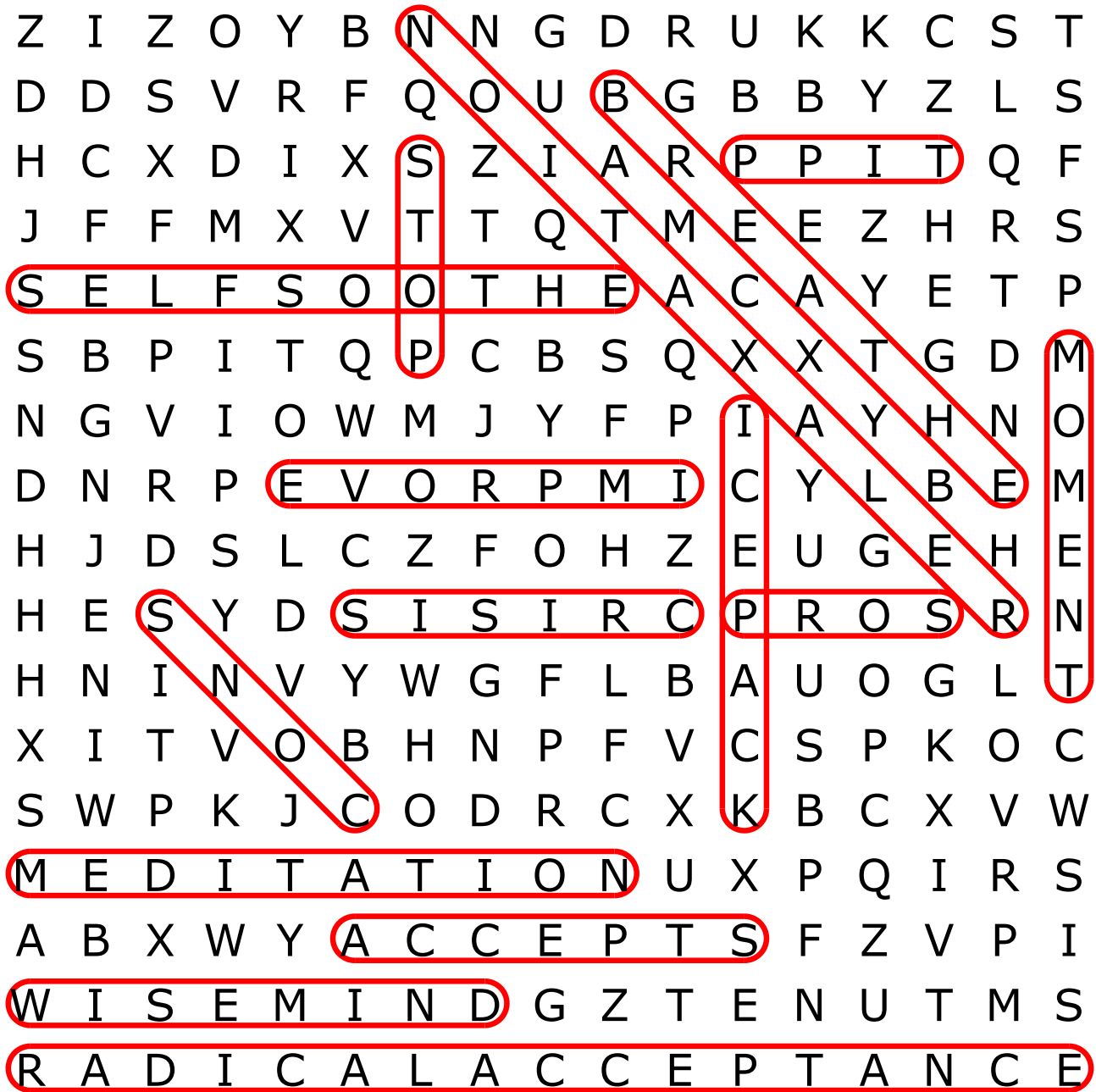


DISTRESS TOLERANCE



RADICAL ACCEPTANCE

SELF-SOOTHE

MEDITATION

RELAXATION

WISE MIND

ICE PACK

BREATHE

IMPROVE

ACCEPTS

CRISIS

MOMENT

CONS

PROS

STOP

TIPP