



Check it is safe for you, then try one part at a time with a before and after rating. Finish with a note of what worked and a short log.

01 1. Is this safe for me?

Tick anything that applies. If you tick any box, skip the cold water and the hard exercise, and ask a GP or pharmacist before trying them. If you are unsure, skip them. Paced breathing and paired muscle relaxation are gentler, but stop if they make you feel worse.

- ☐ I have a heart condition, high blood pressure or a heart rhythm problem
- ☐ I faint easily, or I get dizzy when I stand up or exercise
- ☐ I have, or have had, an eating disorder, or exercise has become a way of punishing myself
- ☐ I am pregnant
- ☐ I take medication that affects my heart, blood pressure or breathing, or I'm not sure whether mine does
- ☐ I have asthma or another breathing condition
- ☐ I have an injury or a health condition that hard movement could make worse
- ☐ I am worried about a medical reason I haven't listed

Parts I will skip for now:

02 2. How strong is it right now?

How intense are my emotions or body sensations right now?

1 2 3 4 5 6 7 8 9 10

Calm Overwhelming

What is going on, in a few words?

03 3. T: temperature

Cold on the face or hands is a quick jolt that gives you something strong to feel. Only if you ticked nothing in section 1: hold a cold, wet cloth or a cool pack against your cheeks and around your eyes for about 30 seconds, or hold cold water in your hands. Do not use ice-cold water on your face for long, and stop if you feel faint or unwell. If you skipped this, try a cool drink or cool air from an open window instead.

Before: how intense is it?

1 2 3 4 5 6 7 8 9 10

Calm Overwhelming

After: how intense is it?

1 2 3 4 5 6 7 8 9 10

Calm Overwhelming

What I noticed:

04 4. I: intense exercise

A short, hard burst of movement can use up the energy that distress brings. Only if you ticked nothing in section 1: do one or two minutes of something brisk, such as fast stair climbing, jumping jacks or running on the spot, at a level that feels hard but safe. Stop if you feel dizzy, short of breath, or in pain. This is a skill for calming down, never a way to punish yourself, and if it ever feels like that, skip it.

Before: how intense is it?



After: how intense is it?



What I did, and for how long:

05 5. P: paced breathing

Slow your breathing and make the out-breath longer than the in-breath. For example, breathe in through your nose for 4 and out through your mouth for 6, for a couple of minutes. If counting makes you tense, drop the numbers and just breathe out slowly. Stop if you feel dizzy or tingly.

Before: how intense is it?



After: how intense is it?



The count that felt best for me:

06 6. P: paired muscle relaxation

Pair a muscle squeeze with your breathing. Breathe in and gently tighten one area for a few seconds, such as fists, shoulders or jaw, then breathe out and let it go completely. Move through a few areas. Tighten only to firm, never to pain or cramp, and skip any area that is injured.

Before: how intense is it?



After: how intense is it?



Where I held the most tension:

07 7. What worked for me, and a log

TIPP is for getting through a peak. Once you are calmer, think about what to do next.

The part that helped me most, and when I will use it:

Someone I can contact if these skills aren't enough:

When	Before	Part I used	After
Date, and what was happening	1 to 10		1 to 10

When you're done, a moment to reflect

- Which part of TIPP changed how you felt, even by a point or two?
- Which parts did you skip, and was that the right call for your body?
- Where could you do paced breathing or a muscle squeeze without anyone noticing?
- What was happening in the hours before your feelings peaked?
- Once you are steadier, is there something underneath this that is worth talking to someone about?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/tipp-skills-worksheet



If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.