

# TIPP Skills

The first Distress Tolerance skills taught in DBT are the TIPP Skills. Like many of the skills taught in DBT, TIPP is an acronym. The purpose of TIPP is to help you bring down intense or extreme emotions quickly. TIPP stands for:

## TIPP STANDS FOR:

- **T**ip the Temperature
- **I**ntense Exercise
- **P**aced Breathing
- **P**aired Muscle Relaxation

The acronym helps you remember the skills involved in the calming down process, which lets you act quickly and effectively when you are in the middle of extreme emotional turmoil. Sometimes, when folks are experiencing strong and upsetting emotions, they have the urge to engage in dangerous or unwise behaviors. The TIPP skills are designed to prevent that by calming down your body chemistry. These skills are like little tricks you can use to quickly take your body from an extremely emotional state to a more balanced state. Here's how each skill works:

## LET'S BREAK DOWN THE TIPP SKILLS:

**Tip the Temperature:** The full description of this skill is tip the temperature of your face with cold water. Fill a bowl or a ziplock bag with cold water (try to keep the water over 50 degrees Fahrenheit, though!). If you have a bowl, hold your breath and put your face in the bowl of water for at least 30 seconds. If you have a bag, hold it on your face (focusing on your eyes and cheeks) for at least 30 seconds. The cold water used in this skill triggers the "dive response", which is a natural reflex that occurs in all mammals. The cold water activates the reflex, which helps to adjust your body chemistry naturally by lowering your heart rate and activating your parasympathetic nervous system.