

DBT Skills

<i>CORE MINDFULNESS SKILLS</i>		p. 63
Wise Mind	The blending of reason mind and emotion mind --Reasonable mind: “cool”, intellectual, rationale, logical, planful --Emotion mind: “hot”, thinking and behavior controlled by emotions	pp. 63, 65, 66, 109
Observe	Sensing/experiencing the emotion or even without trying to describe it with words, bring it to a faster end, or make it last longer. Urge Surfing.	pp. 63, 67 111
Describe	Using words or thoughts to describe the experience/event/emotion. Label it as a fact, thought, feeling, opinion, etc.	pp. 64, 67, 111
Participate	Entering completely into the activity of the moment, becoming one with the experience, completing forgetting yourself.	pp. 64, 67, 111
Nonjudgmentally	Not judging something (thoughts, feeling, or experiences) as good or bad, right or wrong, etc. Acceptance of how things are right now.	pp. 64, 68 113
One-Mindfully	Focusing on one thing at a time with awareness, alertness. Letting go of distractions.	pp. 64, 69 113
Effectively	Doing what works in a given situation, playing by the rules. Letting go of “fair/unfair”, “just/unjust”, “right/wrong”.	pp. 69, 73, 79, 113, 116
INTERPERSONAL EFFECTIVENESS SKILLS		pp. 70, 73
Objectives Effectiveness:	Attaining your objectives or goals in a situation. Getting what you want. Getting your opinion/point of view taken seriously.	pp. 73, 79, 116
DEAR MAN	D – Describe (briefly describe the situation—just the facts) E – Express (describe how you feel about the situation) A – Assert (ask for what you want) R – Reinforce (reward people for responding positively) M – Mindfully (keep your focus, maintain your position) A – Appear Confident (voice tone, eye contact, physical manner) N – Negotiate (know what you are willing to give to get)	p. 79 p. 79 p. 79 p. 79 p. 80 p. 81 p. 81
Relationship Effectiveness:	Maintaining or improving a relationship while trying to get what you want. Balancing immediate goals with the good of the long-term relationship.	pp. 73, 81, 82, 116, 127
GIVE	G – Gentle (courteous; avoid attacks, threats, or judgments) I – Interested (be interested in the other person, listen to his point of view) V – Validate (acknowledge the other’s point of view, opinion, feelings) E – Easy Manner (lighthearted, use a little humor)	p. 81 p. 82 p. 82 p. 82
Self-Respect Effectiveness:	Maintaining or improving your good feelings about yourself and respecting your own values and beliefs, while trying to get what you want.	pp. 74, 83 116, 128
FAST	F – Fair (be fair to yourself and the other person) A – Apologies (make no apologies for making a request, having an opinion, disagreeing) S – Stick to Values (hold to your position, values, opinion; don’t give in just to be liked) T – Truthful (don’t lie; don’t act helpless if you are not; don’t exaggerate).	p. 83 p. 83 p. 83 p. 83

Source: Dialectical Behavior Therapy Skills Handbook, Fulton State Hospital January, 2004. Adapted from Linehan, M.M. (1993). Skills Training Manual for Treating BPD. New York: Guilford Press.

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EMOTION REGULATION SKILLS		p. 84
Reduce Vulnerability:	Reducing emotional vulnerability. Learning to stay out of emotional mind.	pp. 91, 92, 154
PLEASE	P – Physical \ (treat physical illness; take care of your body; take prescribed medications)	p. 92
	L – HeaLth / (balance your eating: don't eat too much or too little; avoid foods that make you feel bad)	p. 92
	E – Eating (avoid non-prescribed mood altering substances and behaviors)	p. 92
	A – Altering (get a balanced amount of sleep for your body—not too much or too little)	p. 92
	S – Sleep (exercise can be a good antidepressant, anti anxiety)	p. 92
E – Exercise		
Build MASTERY	Do something that makes you feel competent and in control, good about yourself. Consider activities that are a bit challenging.	pp. 92, 154
Build Positive Experiences	Short term : Do things that are possible <u>now</u> , do them daily. Long term : Make changes in your life so that positive things with happen; work toward goals. Focus on positive aspects of each event, rather than the negative.	p. 92, 93, 155
Opposite-to-Emotion-Action	Acting contrary to how you feel in order to change the emotion. May require observing the current feelings/urges and turning the mind to another activity, choice, or behavior.	pp. 94, 95, 161
DISTRESS TOLERANCE SKILLS		p. 96
Distract:	Reduce contact with events that set off emotions. At times, change parts of an emotional response.	pp. 98, 165, 166
Wise Mind ACCEPTS	A – Activities (activities can regulate negative emotions, fill short-term memory with counteractive thoughts, sensations, etc.)	p. 98
	C – Contributing (refocuses attention from self to doing something for others)	p. 98
	C – Comparisons (making comparisons to other's situations in order to gain perspective on your own situation-not as catastrophic as first assessed)	p. 98
	E – Emotions (generating opposite emotions to replace current negative ones)	p. 98
	P – Pushing Away (leaving a situation physically or consciously; blocking it from your mind)	p. 98
	T – Thoughts (filling short-term memory with other distracting thoughts in order to avoid reactivating the negative emotion)	p. 98
	S – Sensations (trying to experience intense sensations in order to interfere with the negative emotion being experienced)	p. 98

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Self-Soothe: Five Senses		pp. 98, 165, 167
	<p>Be kind, gentle, and nurturing to yourself. Soothe each of the five senses: vision, hearing, smell, taste, touch.</p>	
IMPROVE the Moment	<p>Replace immediately negative events with more positive ones.</p> <p>I – Imagery (create a situation with imagery different from the actual one; go to an imaginary safe place)</p> <p>M – Meaning (try to find some kind of purpose for events; “make lemonade out of lemons”)</p> <p>P – Prayer (the complete opening of oneself to the moment)</p> <p>R – Relaxation (change how the body responds to stress in crisis; accepting reality with the body)</p> <p>O – One thing (the only pain to survive is this moment) in the moment</p> <p>V – Vacation (take time out to regroup; retreat into self or allow yourself to be taken care of)</p> <p>E – Encourage (cheerlead yourself)</p>	<p>pp. 99, 165, 168, 169</p> <p>p. 99</p> <p>p. 99</p> <p>p. 99</p> <p>p. 99</p> <p>p. 100</p> <p>p. 100</p> <p>p. 100</p>
Pros and Cons	<p>Think about the positive and negative aspects of tolerating distress versus not tolerating it.</p> <p>Goal: To decrease fear of feeling distress by experiencing surviving through it.</p>	pp. 100,169
Radical Acceptance	<p>Let go of fighting reality. Replace willfulness with willingness.</p> <ul style="list-style-type: none"> - willingness: accepting and responding to what is, in an effective or appropriate way, doing what is needed. - willfulness: imposing one’s will on reality; trying to fix or control everything, refusing to do what is needed. <p>Accepting something is not the same as approving of it. Deciding to tolerate the moment.</p>	pp. 94, 96, 102, 103, 170-177