

## DBT Skills

<b><i>CORE MINDFULNESS SKILLS</i></b>		p. 63
<b>Wise Mind</b>	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
<b>Observe</b>	Sensing/experiencing the emotion or even without trying to describe it with words, bring it to a faster end, or make it last longer. <b>Urge Surfing.</b>	pp. 63, 67 111
<b>Describe</b>	Using words or thoughts to describe the experience/event/emotion. Label it as a fact, thought, feeling, opinion, etc.	pp. 64, 67, 111
<b>Participate</b>	Entering completely into the activity of the moment, becoming one with the experience, completing forgetting yourself.	pp. 64, 67, 111
<b>Nonjudgmentally</b>	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
<b>One-Mindfully</b>	Focusing on one thing at a time with awareness, alertness. Letting go of distractions.	pp. 64, 69 113
<b>Effectively</b>	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
<b>INTERPERSONAL EFFECTIVENESS SKILLS</b>		pp. 70, 73
<b>Objectives Effectiveness:</b>	<b>Attaining your objectives or goals in a situation.</b> Getting what you want. Getting your opinion/point of view taken seriously.	pp. 73, 79, 116
DEAR MAN	<b>D</b> – Describe (briefly describe the situation—just the facts) <b>E</b> – Express (describe how you feel about the situation) <b>A</b> – Assert (ask for what you want) <b>R</b> – Reinforce (reward people for responding positively)  <b>M</b> – Mindfully (keep your focus, maintain your position) <b>A</b> – Appear Confident (voice tone, eye contact, physical manner) <b>N</b> – Negotiate (know what you are willing to give to get)	p. 79 p. 79 p. 79 p. 79  p. 80 p. 81 p. 81
<b>Relationship Effectiveness:</b>	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	<b>G</b> – Gentle (courteous; avoid attacks, threats, or judgments) <b>I</b> – Interested (be interested in the other person, listen to his point of view) <b>V</b> – Validate (acknowledge the other’s point of view, opinion, feelings) <b>E</b> – Easy Manner (lighthearted, use a little humor)	p. 81 p. 82 p. 82 p. 82
<b>Self-Respect Effectiveness:</b>	<b>Maintaining or improving your good feelings about yourself and respecting your own values and beliefs, while trying to get what you want.</b>	pp. 74, 83 116, 128
FAST	<b>F</b> – Fair (be fair to yourself and the other person) <b>A</b> – Apologies (make no apologies for making a request, having an opinion, disagreeing) <b>S</b> – Stick to Values (hold to your position, values, opinion; don’t give in just to be liked) <b>T</b> – 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.

# DBT Skills Continued...

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

# DBT Skills Continued...

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