

Quick Overview of DBT Skills

MINDFULNESS	Wise Mind	Balance emotion mind and reason mind; be fully present, regulated
	Observe	Actively notice/observe, minimizing getting caught "in" the experience
	Describe	Describe or label what you observe; stay only in descriptive reality
	Participate	Let go of watching and engage, throw yourself into your experience
	Non-Judgmental	Let go of evaluations, interpretations; no good/bad, no right/wrong, no should/should not; pay attention only to descriptive reality
	One-Mindful	Focus on this moment, doing one thing at a time right now; there is only this moment
	Effective	Focus on what works, do only things that are in the service of your wise mind goals
EMOTION REGULATION	Reduce Vulnerabilities	PLEASE: treat Physical illness, balance Eating, avoid mood-Altering drugs, balance Sleep, get Exercise
	Build Mastery	Engage in activities that make you feel competent, empowered
	Build Positive Experiences/Emotions	Now: Do things that are pleasant, create alternative emotions Long term: Do things now so positive events will happen more often
	Allow Emotions	Reduce suffering by allowing emotions to come and go naturally
	Opposite Action	Reduce suffering by acting opposite to urges associated with emotion
	Check The Facts	Check whether your reactions fit the facts of the situation.
	Cope Ahead	Practice coping, managing emotions and situations in advance: plan
	Problem Solve	When the facts/situation are the problem, working on change (when possible, do this in a big way now; otherwise, start it now)
DISTRESS TOLERANCE	TIP	use Temperature (change), Intense exercise, Progressive relaxation
	Distract	ACCEPTS: Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations
	Self-Soothe	Soothe your senses: touch, smell, see/watch, listen, taste
	IMPROVE the Moment	Imagery, Meaning, Prayer, Relaxation, One thing in-the-moment, Vacation, Encouragement
	Pros & Cons	(do these ahead of time and use Wise Mind to evaluate them, and help use them to orient to effective choices and action)
	Radical Acceptance	It is what it is: be mindful, grieve losses, recontextualize, move on
INTERPERSONAL EFFECTIVENESS	Relationship Mindfulness	Apply mindfulness skills to the other person and to your transactions with him or her
	DEAR MAN	Focus on your OBJECTIVES: Describe, Express, Assert, Reinforce; stay Mindful (of goals), Appear confident, Negotiate
	GIVE	Focus on your RELATIONSHIP: be Gentle, be/act Interested, Validate, use an Easy manner
	FAST	Focus on your SELF RESPECT: be Fair, offer no Apologies, Stick to your values, be Truthful