



Dialectical Behavior Therapy Skills

A brief overview of some of the skills learned in DBT

MINDFULNESS	
Wise Mind	creating a balance between thoughts and feelings; deep intuition
Observe	pay attention on purpose to the present moment
Describe	put into words what you have observed
Participate	enter into an activity fully and wholly, becoming one with whatever you are doing
Non-judgmentally	suspending evaluations; describing the facts; avoiding using "good" or "bad" descriptions
One-mindfully	present moment
Effectively	choose being effective over being "right"; focus on what works
Doing Mind and Being Mind	balance getting things done with being fully present; skillful means for everyday life

INTERPERSONAL EFFECTIVENESS	
DEAR MAN	Describe, Express, Assert, Reinforce, Mindful, Appear confident, Negotiate
GIVE	be Gentle, Interested, Validating, Easy going
FAST	be Fair, no Apologies, Stick to your values, be Truthful
Asking or Saying No	weigh the ten factors (the Dime Game) to decide whether, and how firmly, to ask or refuse
Think Dialectically	look for both sides, be aware that you are connected, embrace change, remember that you affect your environment
Validate	look interested, say back what you heard, be sensitive to what is not being said, understand, acknowledge, and show equality
Ending Relationships	decide from Wise Mind, use problem solving and opposite action, and leave destructive relationships safely



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A brief overview of some of the skills learned in DBT (continued)

EMOTION REGULATION	
Check the Facts	does your emotional reaction fit the facts of the situation?
Opposite Action	engaging in a behavior to bring about the opposite emotion to a difficult emotion
Problem Solving	identify the goal, brainstorm, choose a solution and put it into action
ABC	Accumulate positive emotions, Build mastery, Coping ahead
PLEASE	treat Physical iLLness, balance Eating, Avoid mood-altering drugs, balance Sleep, Exercise
Mindful of Current Emotion	observe your emotion, practice mindfulness of body sensations, remember you are not your emotion, and practice loving your emotion

DISTRESS TOLERANCE	
STOP	Stop, Take a step back, Observe, Proceed mindfully
Pros and Cons	weigh the advantages and disadvantages before action
TIP	Tip the temperature, Intense exercise, Paced breathing, Paired muscle relaxation
Distract with ACCEPTS	Activities, Contributing, Comparison, Emotions, Pushing away, Thoughts, Sensations
Self-Soothe	with vision, hearing, smell, taste, touch
IMPROVE the Moment	Imagery, Meaning, Prayer, Relaxing actions, One thing in the moment, Vacation, self-Encouragement
Radical Acceptance	accepting yourself as you are; accepting life as it is
Turning the Mind	turning your mind toward the road of acceptance
Half-Smiling and Willing Hands	your face and hands communicate to your brain; your body connects to your mind
Willingness	readiness to enter and participate fully in life and living