

Dialectical Behavior Therapy Skills - Quick Reference Sheet

ref. pages

Goal of DBT skills training: increase resilience and build a life worth living			1-15		
Analyzing Behavior - Behavior Chain and Missing Links - causes and effects of linked parts			19-23		
<i>the act of consciously focusing the mind in the present moment, without judgment and without attachment to the moment</i>			39-42		
Mindfulness	What skills - <i>one at a time</i>	Observe	pay attention on purpose	53, 54-57	
		Describe	put words on observations	53, 58	
		Participate	fully enter into the experience	53, 59	
	How skills - <i>use together</i>	Non-judgementally	just the facts	60, 61	
		One-mindfully	do not multitask	60, 62	
		Effectively	focus on what works	60, 63	
	Wise Mind	Rational - Emotional balance		inner wisdom; experiencing reality as it is	50-52, 74
Doing Mind - Being Mind balance		balance <i>achieving</i> and <i>experiencing</i>	71-73, 74		
<i>effectively ask for what you want, say no to unwanted requests, find/maintain relationships, balance acceptance and change</i>			109		
Interpersonal Effectiveness	Clarified goals	figure out what you want, keep a positive relationship, keep self-respect		124, 131-135	
	DEAR MAN	<i>objective</i>	Describe, Express, Assert, Reinforce, (stay) Mindful, Appear confident, Negotiate	125-127	
	GIVE	<i>relationship</i>	be Gentle , act Interested , Validate , Easy manner	128-129	
	FAST	<i>self-respect</i>	be Fair , no Apologies , Stick to values, be Truthful	130	
	Building/Attending to Relationships		Find people and get them to like you; be mindful of others; end destructive relationships		139-146
	Middle Path	Dialectics		decreasing sense of isolation, conflict, and polarities	150-154
		Validation		acknowledge emotions, thoughts, behaviors have causes and are therefore understandable	155-160
		Behavior Change Strategies		increase/decrease desired/unwanted behaviors in self and others	161-164
<i>reduce emotional suffering; you must know what an emotion is and what it does for you before you can effectively regulate it</i>			197		
Model of Emotions - understanding and naming emotions; emotions have purpose			209-213		
*emotions descriptions: 214-223					
Changing Emotional Responses	Check the Facts		changing beliefs/assumptions/interpretations to fit the facts	226-229	
	Opposite Action		change/reduce unwanted emotion by acting opposite to urge	230, 231-240	
	Problem Solving		when emotions fit the facts: identify goal, brainstorm, put solution into action	230, 241	
Reducing Vulnerability	Accumulate Positives (short term)		experience pleasant events mindfully	248-251	
	Accumulate Positives (long term)		build a life worth living; Values > Action Steps	252-255	
	Build Mastery		feel competent & effective by mastering skills; gradually increase difficulty	256	
	Cope Ahead		describe the situation, decide on skills, imagine vividly, rehearse, <i>relax</i>	256	
	PLEASE - Physical illness, balance Eating , avoid mood- Altering substances, balance Sleep , and do some Exercise			257	
Mindfulness of Emotion		allow emotions without judging or trying to change them; troubleshooting emotion regulation		263-266	
Sleep Hygiene	nightmare protocol, changed dream experience		258-259		
follow steps to address nightmares and sleep issues					

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Distress Tolerance	tolerate and survive crisis without making things worse, accept reality as it is, become free		313	
	use Distress Tolerance if any of these are "no": • Am I in Wise Mind? • Can I solve the problem? • Is it the right time to deal with it?		326	
	STOP	Stop, Take a step back, Observe, Proceed mindfully	327	
	Pros and Cons	compare advantages and disadvantages of both acting on emotional urges and resisting those urges	328	
	TIP	Temperature, Intense exercise, Paced breathing/ Paired muscle relaxation; <i>reduce high emotional arousal</i>	329-332	
	Distract skills:	Activities	<i>intentional</i> tasks that will help distract	333
		Contributing	do something for someone else	
		Comparisons	to self (in another time) or to others less fortunate <i>create feeling of gratitude</i>	
		Emotions	(different) event to create different emotion (scary movie, joke book, sad song)	
		Pushing away	place on worry shelf/box to return to later	
		Thoughts	recite lyrics/poem, read, puzzles; <i>put brain to use</i>	
	Wise Mind	Sensations	to *shock* senses; stress ball, loud music, strong taste/smell, cold ice	336
		Imagery	create a mental safe space; envision happiness	
		Meaning	find purpose in a painful situation <i>what is this situation/person teaching me?</i>	
		Prayer	appeal to higher power	
		Relaxation	mindfully ease tension *sensory awareness: 337	
		One thing in the moment	- intense focus and awareness of the present	
	IMPROVE the moment	Vacation	step back, take a timed break; <i>caution - avoid avoiding</i>	334
		self-Encouragement	compassionate statements, as if comforting a friend	
	Self-soothe with 5 senses; things that feel pleasant and comforting, gentle and kind		*body scan meditation: 335	334
Reality acceptance	pain + non-acceptance = suffering pain is inevitable, suffering is not		315	
	Radical Acceptance	acknowledge the situation <i>as it is</i> and be open to the experience <i>all the way</i>	342-344	
	Willingness, Turning the Mind	readiness to enter and participate fully in living; turn towards acceptance	345-346	
	Half smiling, Willing hands	physically open to accepting reality	347-349	
Mindfulness of Current Thoughts		observing thoughts as thoughts/sensations of the brain, not facts; <i>create space</i>	351-352	
Addiction DCBA	<i>unable to stop a behavior pattern or use of substances, despite negative consequences & best efforts to stop</i>		356	
	Dialectical Abstinence	expect the best, plan for trouble; synthesis of absolute abstinence and harm reduction	357-358	
	Clear Mind	Addict Mind - Clean Mind balance being clean, AND remembering addict mind	359-360	
	Community Reinforcement	replace addiction reinforcers with abstinence reinforcers	361	
	Burning Bridges, Building New	eliminate harmful triggers, create links from sensations to good habits	362	
	Alternate Rebellion, Adaptive Denial	replace destructive behavior, deny cravings	363	