

## SHORT DESCRIPTIONS OF DBT SKILLS

<b>CORE MINDFULNESS</b>	<b>WISE MIND</b>	The wise mind is the balance between the emotional mind and the reasonable mind.
	<b>OBSERVE</b>	Notice without getting caught in the experience. Experience without reacting to your experience.
	<b>DESCRIBE</b>	When a feeling or thought arises, or you act, acknowledge it. Describe to yourself what is happening. Label your feelings. Call a thought just a thought, a feeling just a feeling.
	<b>PARTICIPATE</b>	Enter into your experiences, act intuitively, practice.
	<b>NONJUDGMENTAL STANCE</b>	See but don't evaluate. Focus on the "what" and not the "good," "terrible," "wonderful," "should" and "should not."
	<b>ONE-MINDFULLY</b>	Focus on the moment—do one thing at a time and focus on what you are doing or whom you are with. Let go of distractions.
	<b>EFFECTIVELY</b>	Focus on what works. Do what needs to be done in each situation. Stay way from a judgmental stance. Play by the rules. Act as skillfully as you can, meeting the needs of the situation. Keep an eye on your objectives and what you need to do to get them. Let go of useless anger, vengeance, and righteousness that hurts you and doesn't work.
<b>INTERPERSONAL EFFECTIVENESS</b>	<b>DEAR MAN</b> (Objective Effectiveness)	Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate
	<b>GIVE</b> (Relationship Effectiveness)	Be Gentle, act Interested, Validate, use an Easy manner
	<b>FAST</b> (Self-Respect Effectiveness)	Be Fair, no Apologies, Stick to values, be Truthful
<b>EMOTION REGULATION</b>	<b>PLEASE</b> (Reduce Emotional Vulnerability)	Treat Physical illness, balance Eating, avoid mood-Altering drugs, balance Sleep, get Exercise
	<b>BUILD MASTERY</b>	Engage in activities that make you feel competent and in control.
	<b>BUILD POSITIVE EXPERIENCES</b>	Short term: Do pleasant things that are possible now. Long term: Make changes in your life so that positive events will occur more often. Build a "life worth living."
	<b>OPPOSITE-TO-EMOTION ACTION</b>	Change emotions by acting opposite to current emotion/urge.
	<b>CHECK THE FACTS</b>	Check out whether your reactions <u>fit the facts</u> of the situation. Changing beliefs and assumptions to <u>fit the facts</u> can help you change your emotional reactions to situations.
	<b>COPE AHEAD</b>	Cope ahead of time with emotional situations. Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.
	<b>PROBLEM SOLVE</b>	When the facts themselves are the problem, solving emotional problems consistently will reduce the frequency of negative emotions.
<b>DISTRESS TOLERANCE</b>	<b>TIP</b>	Temperature, Intense exercise, Pace breathing- Progressive muscle relaxation
	<b>DISTRACT</b> (Wise Mind ACCEPTS)	Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations
	<b>SELF-SOOTHE</b>	Use the senses: vision, hearing, taste, smell, touch
	<b>IMPROVE the moment</b>	Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement
	<b>PROS and CONS</b>	Examine short term and long term pros and cons
	<b>RADICAL ACCEPTANCE</b>	Acknowledge what is, let go of fighting reality. Use TURNING the MIND to commit to acceptance over and over again.