



DBT Starter

Power Within Counseling & Consultation

Belongs To

DBT

MINDFULNESS SKILLS



Mindfulness is about being in control of your mind, rather than letting it control you.

**DISTRESS TOLERANCE SKILL
HELPS TO MAKE THE SITUATION EASIER TO
DEAL WITH WHEN YOU CAN'T ESCAPE.**

IMPROVE

I

Imagery: Visualize a relaxing place.

M

Meaning: Make meaning from the difficult situation.

P

Prayer: Pray for something greater, and ask for strength to bear the pain.

R

Relaxation: Do a relaxing activity.

O

One thing in the moment: Focus your entire attention on just what you are doing right now.

V

Vacation: Take a brief mental vacation.

E

Encouragement: Remind yourself "I can stand it".



**I am in control of my
life.**



**I have a lot to be
proud of**



**I am able to express my
emotions in a healthy,
positive way**



**There is enough time in
the day to do all that
I want to do.**



**I have many options and
always make the best
decisions I can.**



**I am willing to take the
risks necessary to be
happy and live the kind
of life I have chosen
for myself**

DISTRESS TOLERANCE SKILL

CHANGE YOUR BODY CHEMISTRY AND CALM
DOWN IN EXTREME DISTRESS.

TIPP

T **Tip the temperature:** Hold your breath, put your face in a bowl of cold water, or apply a cold pack to your eyes and cheeks. Hold for 30 seconds, ensuring the water is above 50°F.

I **Intense Exercise:** Engage in intense exercise, if only for a short while.

P **Paced Breathing:** Breathe deeply into your belly, slow your pace of inhaling and exhaling. Breathe out more slowly than you breathe in.

P **Paired Muscle Relaxation:** As you breathe deeply into your belly, tense your body muscles. Pay attention to the tension. When you exhale, release the tension and notice the difference in how your body feels.

RAIN

TECHNIQUE

THERAPY JOURNAL

R

Recognize what is happening? (How am I feeling?)

A

Allow life to be just as it is (I can let the thoughts or feelings just be here. Even if I don't like it.)

I

Investigate with kindness ("Why do I feel this way?" "is it really true?"

N

Non identification: ("I am having emotions and thoughts, but I am not that thought and emotion.")

WHAT EMOTIONS DID YOU NOTICE AS YOU OBSERVED YOUR THOUGHTS?



Stressed

Relaxed



POSITIVE SELF-TALK FOR ANXIETY

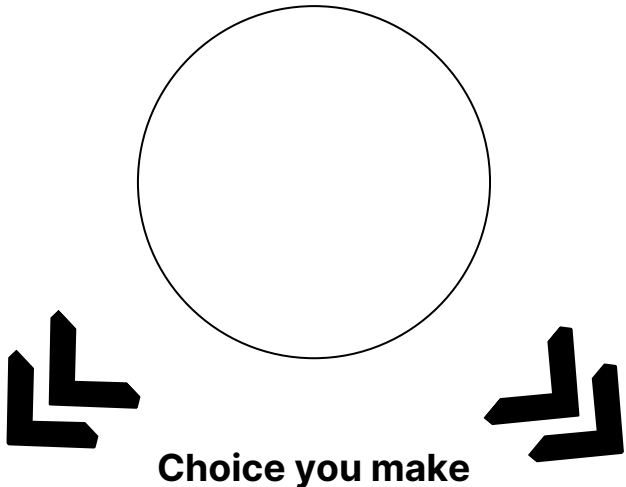
WHEN WE MAKE NEGATIVE STATEMENTS TO OURSELVES, IT OFTEN INCREASES OUR ANXIETY.

POSITIVE SELF-TALK CAN HELP US CALM DOWN AND MANAGE OUR ANXIETY MORE EFFECTIVELY. BELOW IS A LIST OF POSITIVE AFFIRMATIONS.

- **JUST FOCUS ON THE THING THAT I CAN CONTROL...**
- **ANXIETY IS JUST AN UNCOMFORTABLE FEELING. I AM GOING TO BE ALRIGHT**
- **FOCUS ON POSITIVE THINGS.**
- **THINK ABOUT THAT MAKE ME HAPPY SAFE AND CONFIDENT**
- **WORRYING IS NOT SOLVING ANY OF MY PROBLEM, WHAT CAN I DO INSTEAD?**
- **I CAN CHOOSE NOT TO FEEL ANXIOUS RIGHT NOW, I HAVE CONTROL OVER MY FEELINGS.**
- **FOCUS ON WHAT DO I SEE, HEAR, TASTE, SMELL AND FEEL?**



MAKING CHOICES



Option 1

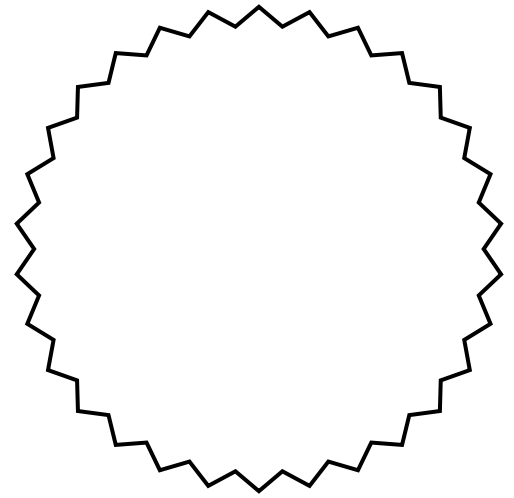
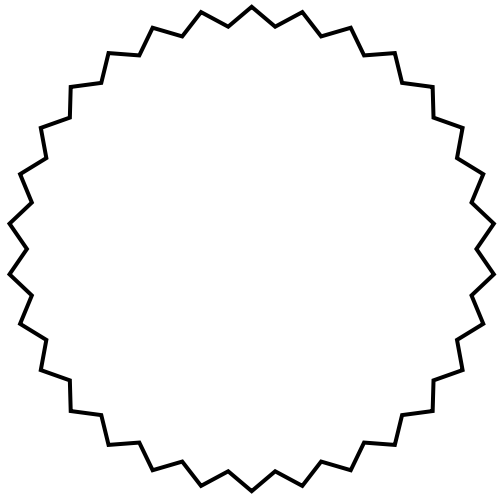
Option 2

Short term effect

Short term effect

Long term effect

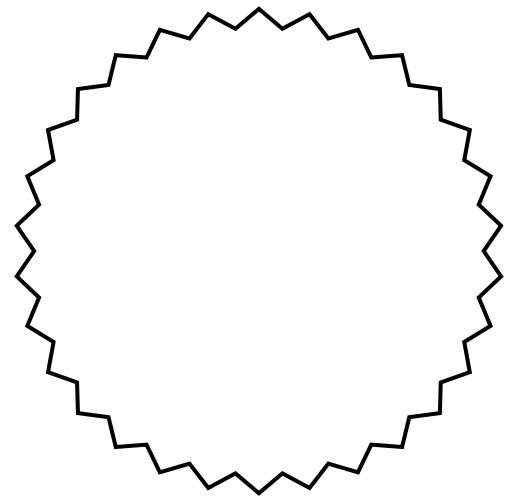
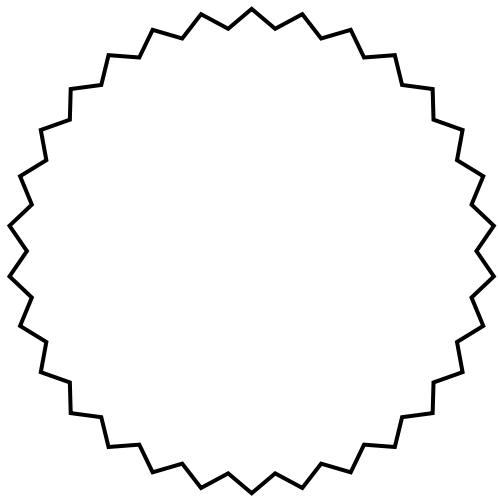
Long term effect



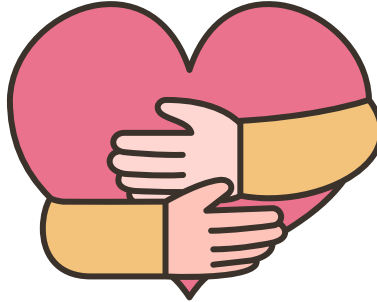
HAPPY PLACE



WHAT ARE YOUR HAPPY PLACE?
WRITE IN THESE CIRCLE.



SELF-LOVE PRACTICE



**List 5 things that you like
about yourself**

**Why you appreciate
these things**

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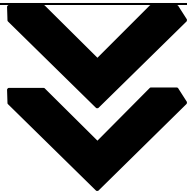
TASK LIST

Write down your tasks and organize them from most important to least important

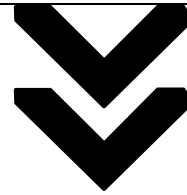
Order	Task	Due Date
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2		
3		
4		
5		
6		
7		
8		
9		
10		

FACT VS OPINION

What is Statement?



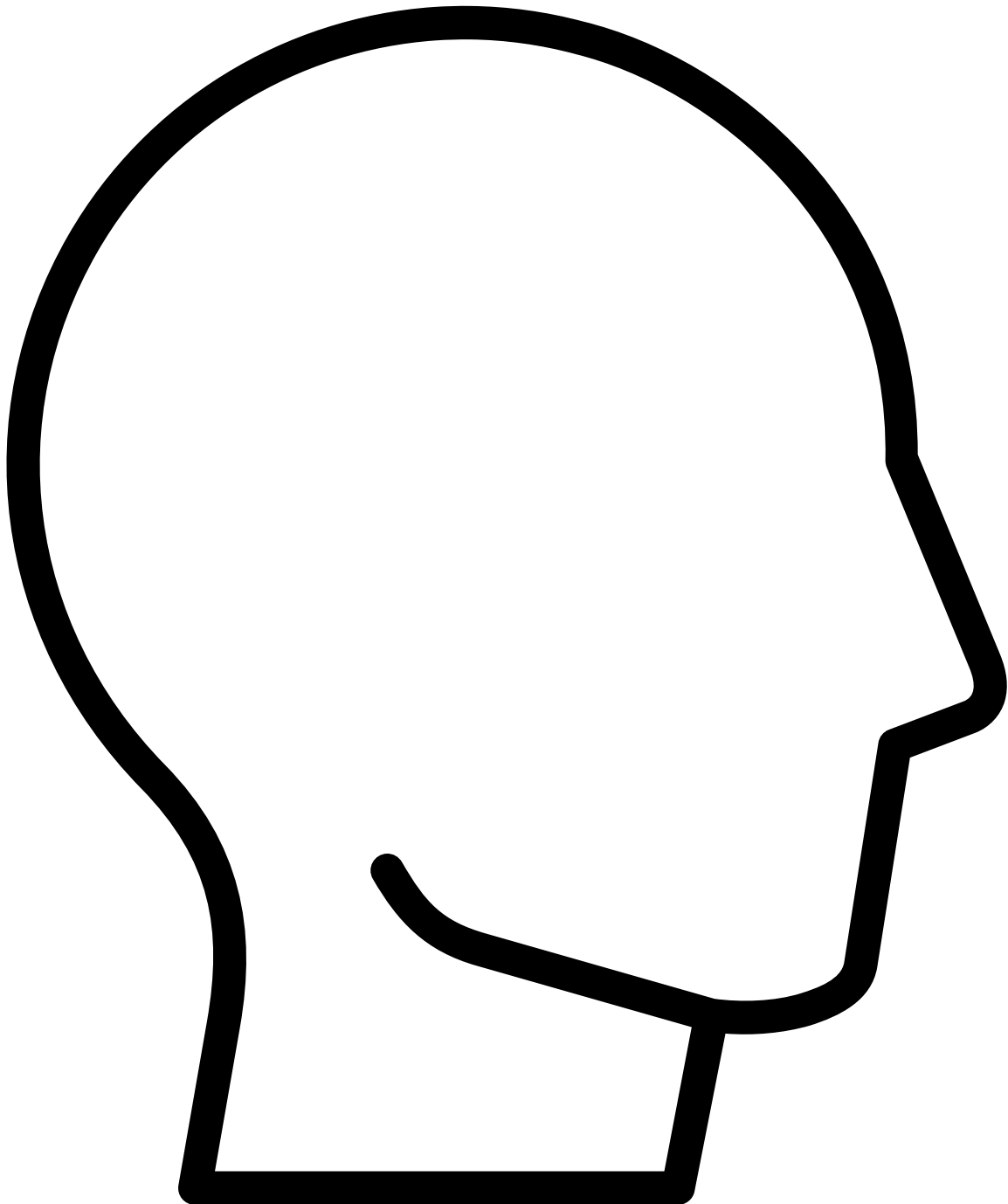
It is a fact, why or why not?



It is a opinion, why or why not?

AFFIRM MYSELF

Write down your own personal affirmations below. For ex: " I can do hard things."



INNER CRITICS VS INNER COACH



Instead of....



You could say

I am stupid	
This has to be perfect	
I am not good enough	
This will never work	

DBT HOUSE

**DBT HOUSE IS AN EXERCISE TO HELP US
RECOGNIZE OUR STRENGTH, GAIN COPING
SKILLS, STRENGTHEN OUR SUPPORT SYSTEM
AND IDENTIFY VALUES**



INTERPERSONAL SKILLS

T.H.I.N.K

T

Think: About the situation from the other person's perspective.

H

Have empathy_ What does it feel like to be the other person?

I

Interpretations_ of the other person's behavior. Consider possible reasons why she did the thing that upset you.

N

Notice_ the other person. Notice when she is trying to be kind and improve the relationship.

K

Kindness_ in your response. This doesn't mean you have to forgive and forget immediately.

EMOTIONAL REGULATION

VITALS to Success

V

Validate Yourself

I

Imagine Success

T

Take Small Steps

A

Applaud Yourself

L

Lighten The Load

S

Sweeten The Pot

MORNING ROUTINE



Make Bed



Get Dressed



Go Potty



Brush Teeth



Brush Hair



Eat Breakfast



Put On Shoes



Pack Backpack

BEDTIME ROUTINE



Clean up



Take Bath



Pajama Time



Go Potty



Brush Teeth



Brush Hair



Read a Story



Say Goodnight

STRESS FACTOR

**STRESS
FACTORS**

**STRESS
THOUGHTS**

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These explain what we do
when we are mindful.

MINDFULNESS

"WHAT" SKILLS



"Observe"

Notice the present moment,
without attaching words,
thoughts, or judgments to the
experience.



LOVING KINDNESS MEDITATION

Sit quietly and relax while breathing deeply. Keeping your eyes closed, think of someone close to you who loves you very much. It could be someone from the past or the present.

These explain what we do
when we are mindful.

MINDFULNESS

"WHAT" SKILLS



"Describe"

Attach words to your
experience

thank
you!