

DBT Cheat Sheet

MINDFULNESS

Wise Mind:

- Synthesis of Reasonable Mind & Emotional Mind
- Walking the Middle Path
- Allows for intuition

The "What" Skills:

- **Observe:** just notice
- **Describe:** apply words
- **Participate:** enter into the experience

The "How" Skills:

- **One-Mindfully:** in the moment
- **Non-judgmentally:** just the facts
- **Effectively:** focus on what works

DISTRESS TOLERANCE

- Distract: wise mind **ACCEPTS** (Activities, Contribute, Comparison, opposite Emotion, Pushing away, thoughts, sensations)
- **Self-Soothe** with the 5 senses
- **IMPROVE the moment:** (imagery, meaning, prayer, relaxation, one-mindfully, vacation, encouragement)
- **Half-Smile** and **willing hands**
- **Radical Acceptance**
- **Turning the mind**
- **Observe your breath**
- **TIPP** (temperature, intense exercise, paced breathing, paired with muscle relaxation)
- **Alternate rebellion**
- **Pros & Cons**

INTERPERSONAL EFFECTIVENESS

- **Prioritize** among interpersonal goals
 - Consider options for **intensity**
 - Say "no" & observe your **limits**
- 3 goals of interpersonal effectiveness:
- Objectives Effectiveness **DEAR MAN** (Describe, Express, Ask, Reinforce, stay Mindful, Act confident, Negotiate)
 - Relationship Effectiveness: **GIVE** (be Gentle, be Interested, Validate, Have an Easy manner)
 - Self-Respect Effectiveness: **FAST** (be Fair, no Apologies, Stick to values, be Truthful)

EMOTION REGULATION

- Observe & Identify Emotions
- Reduce vulnerability : ABC PLEASE (Accumulate positive experiences, Build mastery, Cope ahead, treat Physical iLlness, balanced Eating, Avoid non-prescription drugs, balanced Sleep, balanced Exercise)
- Emotions have a function
- Ride the Wave: this too shall pass
- Try to love your emotions
- Opposite Action