

### **DBT CORE SKILLS**

1. **Thinking Dialectically:** Maintain openness to contradictory and/or polarized thoughts and points of view.
2. Blend these thoughts into a truth which best explains reality at the moment.
3. **Wise Mind:** Emotional mind is the feelings mind. Reasonable mind is the factual/knowledge mind. Wise mind is when they work together with intuition.
4. **Observe; Just Notice:** Look at the situation without emotion or judgment. Just notice what is happening without trying to change it.
4. **Describe; Put Words On It:** Describe the event without judgment or emotion. "Just the facts."
5. **Non -Judgmental Stance:** Avoid labeling something as "good" or "bad." Just observe, describe, and participate.
6. **Effectiveness:** Focus on what works. Keep an eye on your objectives.
7. **Mindfully, In the Moment:** Focus all of your senses on the one thing you are doing/thinking at a particular moment. If you notice other thoughts entering your mind, accept this, then let them go.

### **INTERPERSONAL EFFECTIVENESS SKILLS**

8. **Attending to relationships:** Don't let hurts and problems build up. End hopeless relationships; resolve conflicts before they get overwhelming.
9. **Balance Priorities vs. Demands:** If overwhelmed, put off all low-priority demands; ask for help; create structure.
10. **Balancing Wants vs. Shoulds in Your Life and Relationships:** Try to keep them in balance.
11. **Objectives-Effectiveness:** To say "no"/ask for help/get your needs met: (DEAR MAN)  
Describe the situation, Express your feelings; Ask for what you want or Say No; Reinforce the other person/relationship. Be Mindful and stay focused on your goal ; Act assertively; Negotiate if necessary
12. **Relationship Effectiveness:** Getting or Keeping a Good Relationship: (GIVE)  
Be Gentle in your approach; Act Interested; Listen to the other person; Validate the other's viewpoint; Use an Easy manner.
13. **Self-Respect Effectiveness:** gaining and keeping respect for self, act in ways that make you feel capable/effective: (FAST)  
Be Fair to yourself and others; Make no Apologies; Stick to your Values; Be Truthful
14. **Goals & Priorities in Interpersonal Situations:** Observe /describe your wants and observe/describe conflicts in priorities/goals.

### **EMOTION REGULATION SKILLS**

15. **Reduce emotional vulnerability (PLEASE):** Treat Physical Illness; Balance Eating; Avoid Self-Medicating; Balance Sleep; Get adequate Exercise
16. **Build mastery:** Build on skills you already have and practice them in all kinds of situations.
17. **Create positive experiences :** Increase positive emotions by doing things you do or might enjoy.
18. **Opposite to emotion action:** Change your emotions by acting opposite to the current uncomfortable emotion.

### **DISTRESS TOLERANCE SKILLS**

19. **Distract:** Focus attention onto something other than painful feelings, thoughts and impulses. Use Wise Mind ACCEPTS:  
Activities; Contributions, Comparisons, Emotions, Pushing Away Thoughts, Add other Sensations
20. **Self-Soothe:** Create neutral or positive events or feelings in the midst of experiencing negative ones. Do something to soothe any or all of the 5 senses.
21. **Improve the moment:** Do something that will improve the moment with imagery, relaxation, self soothing. Focus on just that moment.
22. **Pros and Cons:** Make a list of reasons for & against engaging in a particular activity; add the short-term & long-term feelings you will have with each choice.

### **GUIDELINES FOR ACCEPTING REALITY; OTHER SKILLS TECHNIQUES**

23. **Radical Acceptance:** Recognize & acknowledge what is actually going on now. Accept the fact that this is your situation for now.
24. **Letting go of emotional suffering (OPERA):** Observe your emotion; Note its Presence, then step back; Experience your emotion; Remember, you are not your emotion; Accept your emotion.
25. **Self-soothing kit:** A collection you've assembled that nurtures the 5 senses. Carry it around.
26. **Networking for safety:** a varied network of people you can call for support, encouragement, motivation.
27. **Safety plan:** Commit to using your personalized plan when in distress.
28. **Your Own:**