

Dialectical Behavioral Therapy – Skills Training Quick Reference List

<u>Skills Training AAA Model</u> A wareness A cceptance A ction	<u>Emotion Regulation Goals</u> <ul style="list-style-type: none">• Understand Emotional Experience• Reduce Emotional Vulnerability• Decrease Emotional Suffering	<u>Problem Solving</u> <ol style="list-style-type: none">1. Identify Problem2. Gather Data3. Analyze Data4. Find Solution								
<u>Mindfulness</u> <table><tr><td>How Skills</td><td>What Skills</td></tr><tr><td>One-mindfully</td><td>Observe</td></tr><tr><td>Non-judgmentally</td><td>Describe</td></tr><tr><td>Effective</td><td>Participate</td></tr></table>	How Skills	What Skills	One-mindfully	Observe	Non-judgmentally	Describe	Effective	Participate	<u>Emotion Regulation</u> <p>Physical activity illness treatment Eat balanced meals Avoid mood-altering drugs Sleep balance Exercise</p> <p>Mindful to emotion Action opposite to emotion Self-validation Turn the mind Experience building positives Radical acceptance</p>	<p>Validate Image Take small steps Applaud yourself Lighten your load Sweeten the pot</p>
How Skills	What Skills									
One-mindfully	Observe									
Non-judgmentally	Describe									
Effective	Participate									
<u>Distress Tolerance</u> <p>Activities Contributing Comparisons Emotion opposites Pushing away Thoughts Sensations</p> <p>Imagery Meaning Prayer Relaxation One thing at a X Vacation Encouragement</p> <p>Temperature Intense physical exertion Paced breathing</p> <u>Self Soothe with the Senses</u> <table><tr><td>Taste</td><td>Smell</td><td>Sight</td></tr><tr><td>Hearing</td><td>Touch</td><td></td></tr></table> <u>Pros & Cons</u>	Taste	Smell	Sight	Hearing	Touch		<u>Interpersonal Effectiveness</u> <p>Describe Express Assert Reinforce</p> <p>Mindful Appear confident Negotiate</p> <p>Gentle Interested Validate Easy manner</p> <p>Fair Apology free Stick to values Truthfulness</p>	<u>Setting Goals</u> <p>Specific Meaningful Achievable Recordable Timeline plan</p> <u>Relapse Prevention</u> <ul style="list-style-type: none">• Practice Skills Daily• Enhance Positive States• Disregard Social Pressure <u>Thought Modification</u> <ul style="list-style-type: none">• Turn the Mind• Radical Acceptance• Willingness <u>Behavior Chain Analysis</u> <ol style="list-style-type: none">1. Prompting event2. Problem thought3. Problem emotion4. Target Behavior5. Short term Relief6. Long term Consequence		
Taste	Smell	Sight								
Hearing	Touch									