

# OBSERVING

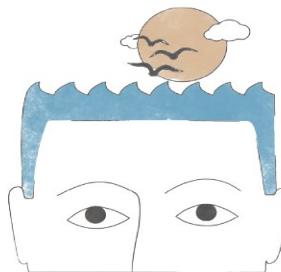
Mindfulness



Quiet the mind by observing things as they are, without labels or judgement. Notice your environment, feelings, thoughts, and bodily sensations without judging them. Don't try to change or push any feelings away. Just observe.

# I.M.P.R.O.V.E.

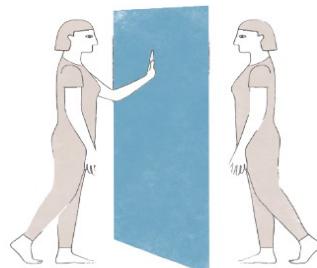
Distress Tolerance



Imagine relaxing scenes. Find **Meaning** in pain. **Pray** to a supreme being or your own Wise Mind. **Relax** with a hot bath. Focus attention on **One** thing. Go on a brief **Vacation**. With self-**Encouragement** rethink the situation.

# S.T.O.P.

Distress Tolerance



When distress is high try S.T.O.P. **Stop!** Your emotions may cause you to act without thinking. **Take** a step back from the situation. **Observe** what's going on in your body. **Proceed** mindfully. Consider your thoughts and feelings, and those of others.

# WISE MIND A.C.C.E.P.T.S

Distress Tolerance



Tolerate distress until you're ready to tackle the problem. Engage in an **Activity** that keeps you busy. **Contribute** to a cause. Gain perspective by **Comparing** yourself to others. Evoke the opposite **Emotion**. **Push** the problem out of your mind. Replace negative **Thoughts** with an activity. Self-soothe with the **5 Senses**.

# RADICAL ACCEPTANCE

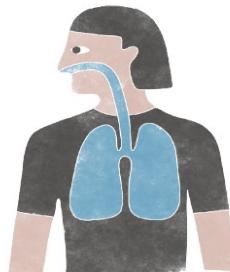
Distress Tolerance



Observe that you're fighting reality. Practice accepting the situation with mind, body, and spirit. Contact the resistance in your body. Allow yourself to feel the sadness and grief. Acknowledge that life is worth living even when there's pain.

# PACED BREATHING

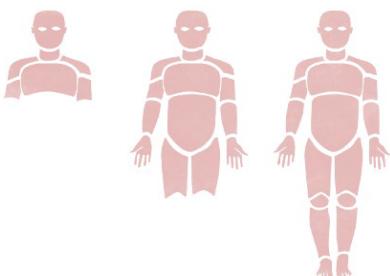
Distress Tolerance



Breathe deeply into your belly. Slow the pace of your inhale and exhale (on average, five to six breaths per minute). Breathe out more slowly than you breathe in (for example, 5 seconds in and 7 seconds out).

## PAIRED MUSCLE RELAXATION

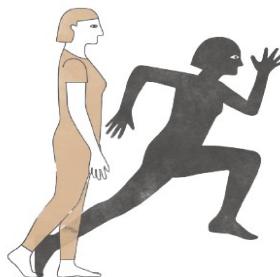
Distress Tolerance



Breathe deeply into your belly and tense your muscles (not so much that you get a cramp). While breathing out, say the word "relax" in your mind. Let go of the tension. Start with your feet and move up your body.

## OPPOSITE ACTION

Emotion Regulation



When emotions don't fit the facts act opposite. Ask yourself: What's the emotion I want to change? Do the facts fit the emotion? What are the opposite actions to this response? Act opposite all the way. Repeat acting opposite until you feel differently.

## COPE AHEAD

Emotion Regulation



Prepare in advance for a difficult situation. Describe the difficult situation. Decide the skill that you want to use. Imagine the situation in your mind. Imagine coping effectively. Imagine the worst outcome. Practice some relaxation after all that imagining.

## CHECK THE FACTS

Emotion Regulation



Slow things down. Check if your emotions fit the facts of the situation. Ask yourself: "What's causing me to feel this way?" "How am I interpreting this cause?" "Am I assuming the worst?" "What's the emotion I want to change?"

## (BE) TRUTHFUL

Interpersonal Effectiveness



We often lie when we want to avoid an awkward conversation, conflict, or feelings of guilt or shame. Be honest with yourself and others. Try not to exaggerate or minimize the situation. Consider if your words feel true to yourself and the situation.

## BUILD MASTERY

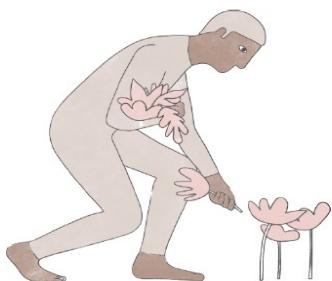
Emotion Regulation



Do one thing each day that gives you a sense of accomplishment. It can be a hobby or job. Make sure it's hard enough that you feel an actual sense of accomplishment. Gradually increase the difficulty over time.

## ACCUMULATE THE POSITIVES

Emotion Regulation



The more positive experiences you have the better shape you'll be when sh\*t hits the fan. In the short-term do one thing that brings you joy each day. In the long-term, identify values and goals that make your life worth living.

## ENDING RELATIONSHIPS

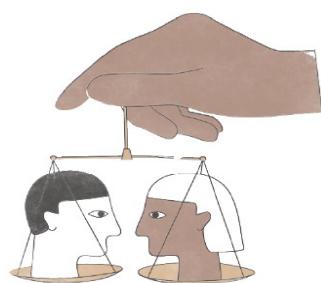
Interpersonal Effectiveness



To protect yourself physically and emotionally you may need to end a relationship. Consult Wise Mind, "Is it time to end things?" If yes, plan ahead for how you'll end the relationship. Before leaving a highly abusive relationship, contact a local or national domestic hotline (1-800-799-7233).

## (BE) FAIR

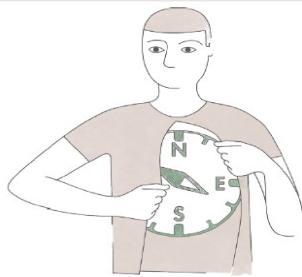
Interpersonal Effectiveness



Be fair to yourself and others. When you're fair, you're not using dramatic or judgemental statements. Instead, you're finding the truth in your own feelings and wishes AS WELL AS the other person's.

## STICK TO VALUES

Interpersonal Effectiveness



Stand up for what you believe in. If you're not sure, take some time to determine what you value. You may want to make a list of your current values, and future goals. And once you've decided, stick to them.

## (NO) APOLOGIES

Interpersonal Effectiveness



Don't apologize when you haven't done anything wrong. Apologizing can be very powerful to heal conflict. But you don't need to apologize for having an opinion or for disagreeing. Don't invalidate your valid feelings!

## (USE AN) EASY MANNER

Interpersonal Effectiveness



A smile and a little humor can go a long way to reduce a tense situation. Try softening your approach instead of using a hard sell. Don't make demands, harass, or nag. Try saying something nice or offering a compliment.

## VALIDATE

Interpersonal Effectiveness



Show that you understand the other person's perspective. Let them know that you hear what they're saying. Imagine the world from their point of view. Say things like: "I can see that this is difficult for you," or "I understand why this topic is so important to you."

## (BE) GENTLE

Interpersonal Effectiveness



People respond better when they feel loved instead of attacked. Express anger only with words. No threats and/or "manipulative" statements. Tolerate a "no" and stay in the discussion even if/when it's painful.

## NEGOTIATE

Interpersonal Effectiveness



You aren't demanding anything, you're ASKING. If the person isn't on board, remember that you have to "give to get." Maybe modify your request to make it more appealing. Try solving the problem together and asking for their thoughts.

## (STAY) MINDFUL

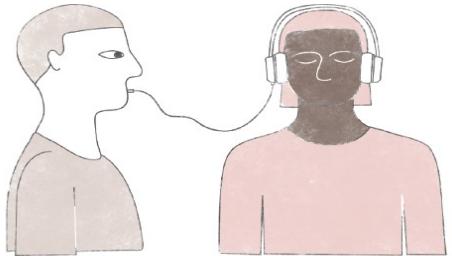
Interpersonal Effectiveness



Stay mindful and focused on the conversation. If the person starts acting defensive, keep the conversation on point. Be a broken record: keep asking for what you want, saying no, or expressing your opinion over and over and over again.

## (ACT) INTERESTED

Interpersonal Effectiveness



Act interested by listening to the other person and not interrupting.

Convey this interest with words and body language: face them, maintain eye contact, and lean towards them rather than away. Don't interrupt. Ask questions. Use simple phrases like "oh really?" or "uh-huh" to validate their experience.

## APPEAR CONFIDENT

Interpersonal Effectiveness



Regardless of how you feel inside, appear confident. Keep your head up, stand or sit up straight, make direct eye contact, and speak loudly and clearly. No stammering, whispering or staring at the floor.

## EFFECTIVELY

Mindfulness



Acting effectively means doing what works. Know your goals, and what's necessary to achieve them. Focus on what works, rather than "fair" vs. "unfair." This is the situation you're in, not the one you wish you were in.

## REINFORCE

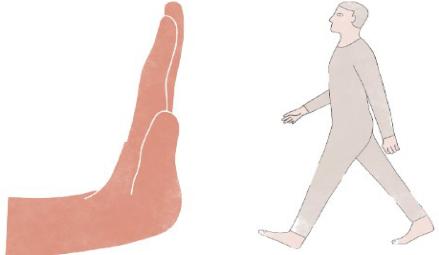
Interpersonal Effectiveness



Make sure the other person knows what they gain by granting your request. For example, "Let's figure out a way that will make you more willing to do what I ask." Not: "If you don't do what I want, I'll never talk to you again. Ever."

## ASSERT

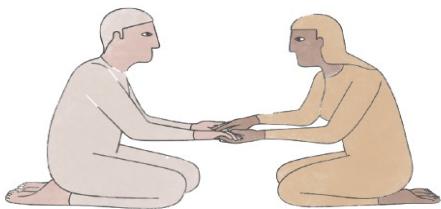
Interpersonal Effectiveness



Assert by asking for what you need or by saying "no" firmly (depending on the situation). Speak simply and clearly. For example, "I need your help with this project, can you give me a hand?" Not, "Why are you so useless?"

## EXPRESS

Interpersonal Effectiveness



Express how you feel using "I" statements. An "I" statement means you're taking responsibility and prevents the other person from going on the defensive. For example, "I feel uncomfortable with this conversation." Not, "Please shut the f\*ck up."

## DESCRIBE THE SITUATION

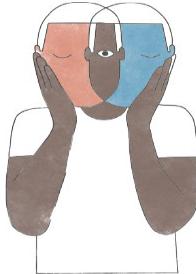
Interpersonal Effectiveness



Just state the facts. At this point, you're not expressing feelings or asking for anything. For example, "I've already said no, but you keep asking me again and again." Not: "If you actually cared about me, you would've listened to me the first time I said no."

## WISE MIND

Mindfulness



Wise Mind is where Emotion Mind and Reasonable Mind overlap. In Wise Mind we integrate opposites and embrace reality in all of its complexity. Breathe in and silently ask Wise Mind a question. Breathe out and listen for the answer. Don't tell yourself the answer, listen for it.

## LOVING-KINDNESS

Mindfulness



Repeat the phrase: May you be happy. May you be at peace. May you be healthy. May you be safe. Think of a loved one, then a friend, then an enemy, and then the entire world. Lastly, direct this loving-kindness toward yourself.

## ONE-MINDFULLY

Mindfulness



One-mindfully is being fully present in the moment, not lost in the past or thinking about the future. Do one thing at a time. Notice the desire to be somewhere else, and then come back to the one thing that's your focus. One thing at a time.

## NONJUDGEMENT

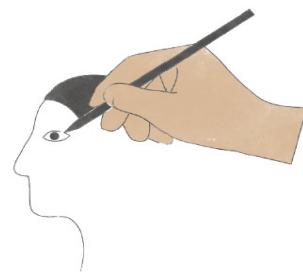
Mindfulness



Nonjudgement means being open to all possibilities. Focus on the "what," not the "good" or the "bad." Accept each moment as the ground accepts both the rain and the sun. You're simply taking in data and making sense of the world.

## DESCRIBING

Mindfulness



Notice what you're experiencing, feeling, and thinking, e.g. my hands are sweating, I feel sadness, "I can't do this." Avoid interpreting these thoughts: just stick with the facts. Describe the who, what, when, and where, that's all.

## PARTICIPATE

Mindfulness



Participate completely in the present moment. Avoid judging the activity, like questioning how well you're participating in the task. Become one with the activity, completely letting yourself go.

## CONFLICT

You're presenting a project to everyone in your office (including that cutie you've had your eye on).

Suddenly, last night's margaritas decide to make a reappearance. You vomit all over your boss.

3

Self

4

Career

2

Family

1

World

## CONFLICT

That couch looked great when you found it on the street.

Now it's in your house and it looks a little strange. Why does the fabric appear to be moving?

That's not the fabric. BED BUGS!



## CONFLICT

You're taking a nice train ride into the city. You enjoy the scenery as the train hums along. The man seated in front of you starts yelling into his cell phone. "This won't last forever," you think.

Then he starts screaming racial and homophobic slurs.



## CONFLICT

After a long, hard day of work, you sit down to meditate.

Is that construction outside? Why are your neighbors screaming? Did you leave the oven on? Will you be alone forever? What's the meaning of life?



## CONFLICT

You want to borrow your parents' car to go to a friend's party. It's going to be the best party of all time. You know this for a fact. They say "no" since you've broken curfew twice and got in 3 car accidents.

But they just stepped outside and the keys are on the table. What to do?



## CONFLICT

During Thanksgiving dinner, your drunk uncle keeps on making vaguely offensive comments about your date, suggesting that you shouldn't be with "that kind of person."

Despite everyone's best efforts, your uncle won't shut up.



## CONFLICT

Your BFF's boyfriend is an asshole. Six months ago they broke up and you two celebrated.

But not so fast. Your BFF just texted that they've patched things up and are now engaged.



## CONFLICT

You've been sober for 3 months and it's your family reunion this weekend.

On your way to the party you pass by your dealer's house. You have a sudden and intense urge to use.



## CONFLICT

You finally asked out your crush, and they agreed! Your date is scheduled for tomorrow and you're so nervous that you can't stop shaking.

Like, literally, you can't stop shaking.



## CONFFLICT

That Slovakian Prince was so charming on Instagram. He just needed your banking info to wire himself 15 million dollars.

Now, there's no money left in your checking account.



## CONFFLICT

Climate change is real. The globe is warming. Life as we know it will never be the same.



## CONFFLICT

You're driving down a picturesque road with not a care in the world. All of a sudden, some jerk starts honking behind you. You slow down to let them pass. As they drive by, they almost run you off the road.  
...Oh no they didn't.



## CONFFLICT

You're chilling on your couch. As your cat walks past you it glitches and resets itself.

You think you're hallucinating. But then you receive a call from a man with a deep baritone, who explains that you've been living in an elaborate computer simulation.



## CONFFLICT

It's been 10 years on this stinking ship. You're short on food, it rains all the time, and your crew is getting restless.

You now realize that you're never going to catch that stupid whale.



## CONFFLICT

Congratulations! You got that job promotion you've been working towards. But now the doubt starts creeping in: "Do you deserve this?" "Are you actually able to do this job?" "They're going to find out you're an imposter."

"Maybe you should quit."



## CONFLICT

You wake Monday morning after a restless night of crazy dreams. You walk to the bathroom and as you pass in front of the mirror you notice something very odd: you're pregnant.



## CONFLICT

After five years of devoted and tireless work, your boss announces that you're being replaced by a robot.

And not just any robot, the one from accounting who is dating your office crush.



## CONFLICT

You're meeting your in-laws for the first time, at their house. Your stomach feels a little funny. You rush to the bathroom. The relief is instantaneous.

You flush the toilet. Nothing goes down. You make the rookie mistake of flushing again. Now all hell breaks loose.



## LIFE GOAL

Lifestyle guru with 200k Instagram followers, one of whom is Gwyneth.



## CONFLICT

You're taking the bus across town to visit your best friend in the hospital.

Halfway through the ride, the bus driver announces that if *speed* of the bus drops below 50 miles per hour it will explode.



## LIFE GOAL

Live off the grid with seeds and embryos of all the earth's plant and animal species.

After the apocalypse, you'll be ready to repopulate the world.



## LIFE GOAL

Stay at home parent to your litter of 8 pugs, 4 pigs, 12 cats, 9 parakeets, 3 gerbils, 2 children, and 6 tamagotchis.



## LIFE GOAL

America's next drag superhero, saving the world from the ignorant and the tacky.



## LIFE GOAL

Head mage to team Lothlórien, the one-true Elvish kingdom in your LARPing community.



## LIFE GOAL

Barista to the stars, with two french bull-dogs named Mocha and Latte.



## LIFE GOAL

Live with 12 cats in Nova Scotia, while running your Etsy empire of knitted cat hats.



## LIFE GOAL

Live with 12 cats in Nova Scotia, while running your Etsy empire of knitted cat hats.



## LIFE GOAL

Um. You invented Post-Its.



## LIFE GOAL

Married with 2.5 kids, a house in the suburbs, and a thriving business selling illicit magic mushrooms.



## LIFE GOAL

Clinical Psychologist who illustrates card games at night to satisfy failed artistic ambitions.

