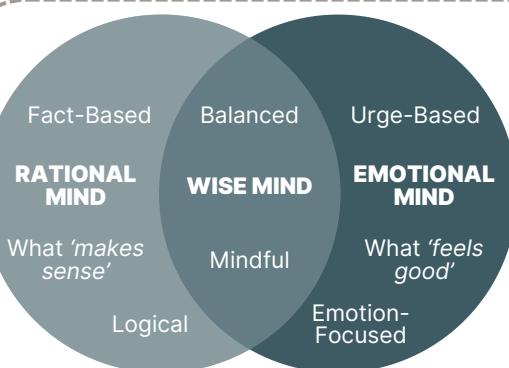


DBT Cheat Sheet

Mindfulness



WISE MIND

- The balance between the **Emotional Mind** (*how you feel*) and **Rational Mind** (*what you think*)

"WHAT" SKILLS

- Observe:** Notice the present moment
- Describe:** Apply words to your experience
- Participate:** Enter into the experience

"HOW" SKILLS

- One-Mindful:** Focus on one thing at a time
- Non-Judgmental:** Notice your experiences without judgment
- Be Effective:** Focus on what works

Interpersonal Effectiveness

D E A R
Describe the situation
Express your feelings
Assert yourself
Reinforce the other person

M A N
Mindful, focus on goals
Appear confident
Negotiate

G I V E
Gentle, be nice
Interested, listen
Validate, be understanding
Easy Manner, smile

F A S T
Fair, to yourself and others
Apologies, only if necessary
Stick to your values
Truthful

A B C
Accumulate Positive Emotions
Build Mastery
Cope ahead of time

V I T A L S
Validate yourself
Imagine success
Take small steps
Applaud yourself
Lighten the load
Sweeten the pot

P.L.E.A.S.E.

Treat Physical illness
Balanced Eating
Avoid mood Altering substances
Balanced Sleep
Get Exercise

Distress Tolerance

T I P P
Temperature
Intense Exercise
Paced Breathing
Progressive Muscle Relaxation

S T O P
Stop
Take a step back
Observe
Pull Back+Proceed Mindfully

A C C E P T S
Activities
Contributing
Comparisons
Emotions
Pushing Away
Thoughts
Sensations

I M P R O V E
Imagery
Meaning
Prayer
Relaxation
One thing in the moment
Vacation
Encouragement