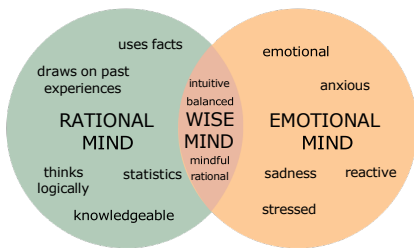




DBT CHEAT SHEET

MINDFULNESS



THE 'WISE MIND'

The balance between the rational and the emotional mind. The place of inner wisdom.

THE 'WHAT' SKILL

Observe - sensing or experiencing.
Describe - putting words on what you observe.
Participate - Let yourself get involved in the moment.

THE 'HOW' SKILL

Non-Judgmental, One-Mindful and Effective.

DISTRESS TOLERANCE

THE GUIDE TO HEALTHY RELATIONSHIPS

ACCEPTS

Activities, contributing comparisons, emotions, pushing away, thoughts, sensations

SELF-SOOTHE WITH YOUR 5 SENSES

Vision, hearing, smell, feel and taste

PROS/CONS

Make a list of the pros and cons of acting on your urges.

TIPP

Tip the temperature, intense exercise, Paced breathing, paired muscle relaxation

IMPROVE

Imagery, meaning, prayer, relaxing actions, one thing in the moment, vacation, self encouragement and rethinking

RADICAL ACCEPTANCE

Stop fighting reality and accept it for what it is

PROBLEM SOLVING

Figure out if there is a way to change the situation

EMOTIONAL REGULATION

EMOTIONS HAVE A FUNCTION

STOP

Stop, take a breath, observe, proceed

OPPOSITE REACTION

Choosing to do exactly the opposite of what your emotions tell you to do

ABC PLEASE

Accumulate positive experiences, build Mastery, cope ahead - positive self talk

VITALS TO SUCCESS

Validate yourself, imagine, take small steps, applaud yourself, lighten the load, sweeten the pot

INTERPERSONAL EFFECTIVENESS

BUILD AND MAINTAIN POSITIVE RELATIONSHIPS

DEAR MAN

Describe, express, assert, reinforce, stay mindful, appear confident, negotiate

GIVE

Be gentle, act interested, validate, use easy manner

FAST

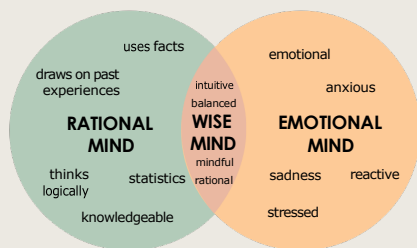
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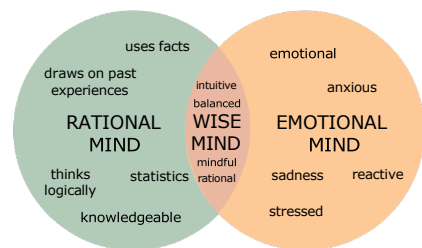
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