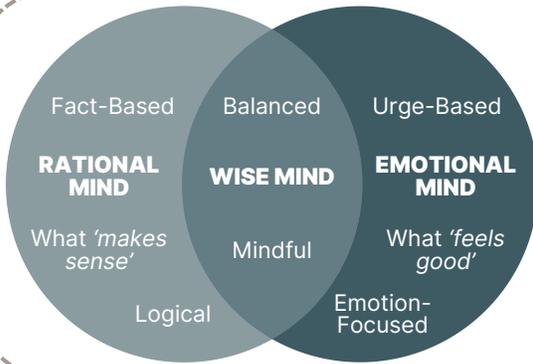


DBT Cheat Sheet

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

M Mindful, focus on goals
A Appear confident
N Negotiate

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

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

Emotion Regulation

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

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

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

Treat **P**hysical illness
 Balanced **E**ating
 Avoid mood **A**ltering substances
 Balanced **S**leep
 Get **E**xercise

Distress Tolerance

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

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

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

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