

Following is a list of some Dialectical Behavioral Therapy skills, summarized from the original work of Marsha Linehan.

DBT SKILLS SUMMARY

CORE MINDFULNESS SKILLS

- ✓ 3 states of mind: emotion mind, reasonable mind , and wise mind
- ✓ What Skills: Observe, Describe, Participate
- ✓ How Skills: One Mindfully, Non-judgmentally, effectively

DISTRESS TOLERANCE SKILLS

Crisis Survival Skills:

- ✓ Thinking about pros and cons to evaluate my behavior
- ✓ Distracting with Wise Mind **ACCEPTS**: **A**ctivities, **C**ontributing, **C**omparisons (or **C**ount your blessings), opposite **E**motions, **P**ushing away, other **T**houghts, or **S**ensations
- ✓ Self-soothing: with vision, hearing, smell, taste, touch, movement
- ✓ **IMPROVE** the Moment with **I**magery, **M**eaning, **P**rayer, **R**elaxation, focus on **O**ne thing in the moment, brief **V**acation, and self-**E**ncouragement
- ✓ TIPP skills

Acceptance Skills:

- ✓ Focusing on breathing, imagery, or half smile
- ✓ Radical acceptance of what is. Turning the mind again and again.
- ✓ Practicing willingness versus willfulness– willing hands

EMOTION REGULATION SKILLS

Identifying and Labeling Emotions:

- ✓ Observing and Describing Emotions- (Prompting event, vulnerability factors, thoughts/ interpretation, body reaction, urges, body language, emotions, aftereffects)

Changing Unwanted Emotions:

- ✓ Check the Facts
- ✓ Problem Solving
- ✓ Opposite Action - changing emotions by acting opposite to the current emotion

Reducing Vulnerability to Emotion Mind

- ✓ Building Mastery– doing something a little challenging to make yourself feel more competent and in control.
- ✓ Coping Ahead
- ✓ Increasing positive emotions by doing pleasant things that are possible now
- ✓ Building a life worth living by working on a) long term goals b) repairing or making new relationships c) facing a problem you have been avoiding
- ✓ Staying mindful of positive experiences when mind wanders to the negative
- ✓ PLEASE - taking care of your body (Treat Physical Illness, Balance Eating, Avoid Mood Altering Drugs, Balance Sleep, Exercise)

INTERPERSONAL EFFECTIVENESS SKILLS

- ✓ Using DEAR MAN to get what you want or say no when your objective is most important priority– Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate
- ✓ Adding GIVE when relationship is most important: be Gentle, act Interested, Validate, and use an Easy manner
- ✓ Adding FAST when self-respect is most important: Be Fair, no Apologies, Stick to your values, be Truthful
- ✓ Considering the factors in asking and saying no, and using the appropriate intensity level
 - ✓ THINK- (Think from the other's perspective. Have empathy, other Interpretations, Notice the other, be Kind.) for reducing conflict and negative emotion