

Dialectical Behavioral Therapy

Cheat Sheet

Wise Mind

Emotional mind is the feelings mind. Rational mind is the factual/knowledge mind. Wise mind is when they work together and create intuition.

Behavior Chain Analysis

1. Prompting Event
2. Interpretation
3. Emotion
4. Behavior
5. Short Term Relief
6. Short Term and long Term Consequences

Decrease Emotional Suffering

- ✦ Check the facts
- ✦ Opposite action
- ✦ Problem Solving
- ✦ Mindfulness of emotion

Distress Tolerance

"I have the capacity to tolerate my distress"

TIPP

Temperature, Intense physical exertion,
Paced breathing, Paired muscle relaxation

ACCEPTS

Activities, Contributing, Comparisons,
Emotion opposites, Pushing away, Thoughts
Self-soothe with 5 senses

STOP

Stop, Take a breath, Observe, Proceed

IMPROVE

Imagery, Meaning, Prayer, Relaxing actions,
One thing in the moment, Vacation,
Encourage yourself

Emotional Regulation

PLEASE

Physical, illness, Eat balanced meals,
Avoid mood altering substances, balanced Sleep,
Exercise regularly

ABC

Accumulate positive emotions, Build mastery,
Cope ahead for emotional events

MASTER

Mindful to emotion, Act opposite to emotion
Self validation, Turn the mind,
Experience building positives, Radical acceptance

Interpersonal Effectiveness

DEAR

Describe
Express
Assert
Reinforce

Man

Mindful
Appear confident
Negotiate

GIVE

Gentle
Interested
Validate
Easy Manner

FAST

Fear, Apology free, Stick to values, Truthfulness

Core Mindfulness Skills

How to use skills

Awareness
Acceptance
Action

What

Observe
Describe
Participate

How

Non-Judgemental
One-mindful
Effective

- ✦ Pain + Non-Acceptance = suffering
- ✦ Pain is inevitable suffering is optional
- ✦ You are not your thoughts
- ✦ You are not your emotions

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