

## SUMMARY OF DBT SKILLS

### SKILLS FOR ANXIETY

- Slow, deep breathing
- Progressive Muscle Relaxation
- Body scan mindfulness (*p. 149*)
- Visualization of relaxing scene
- Observe and describe what's around you
- Focus on what your senses tell you

### DISTRESS TOLERANCE SKILLS

- STOP skill (*Stop, Take a step back, Observe, Proceed mindfully*)
- TIP skills (*cold water on your face, intense exercise, paced breathing*)
- Distracting skills (*acronym: ACCEPTS*)
- Self-soothing skills (*think of your 5 senses*)
- IMPROVE the moment skills (*calming visualizations, relaxation exercises, thinking about what gives your life meaning in spite of pain, remember coping thoughts*)
- PROS & CONS thinking

### RADICAL ACCEPTANCE

- Ask yourself: Can the painful situation be changed or do I need to radically accept it?
- What has led to the current painful situation? What **role** have you played in it?
- What can you **control** in this situation?
- Ask yourself: are you being **willful** (as opposed to willing)?
- Accept reality with your body; practice half-smile and willing-hands exercises.

## MINDFULNESS SKILLS

- Don't judge.
- Be patient.
- Access your WISE MIND. (*Ask: What does wise mind say?*)
- Observe and describe without getting stuck in the experience.
- Avoid "time travel" (*stay in the present*).
- Be **effective** (*think of long term goals*).
- Recognize when in **emotion mind**.
- Practice "Let go of your thoughts" skill (*e.g. balloons flying away*).

## EMOTION REGULATION SKILLS

- Is this emotion primary or secondary?
- Try to have a **benign interpretation** of the events.
- Act opposite to your action urge.
- Be aware of **trigger thoughts** and of **distorted thinking**.
- Use coping thoughts.
- Increase **positive emotion** and feelings of **mastery** in your life.
- Accept your emotion; ride the wave of your emotion.
- Practice "Letting go of your emotion" skill (*e.g. leaf going down the river*).
- Don't isolate.

