

Dialectical Behavior Therapy: Skills by Module

Core Mindfulness

1. Wise mind
2. Observe (Just notice what's going on inside)
3. Describe: (Put words on the experience)
4. Participate (Enter into the experience)
5. Don't Judge (Non-judgmental stance)
6. Stay Focused (One-mindfully: in-the-moment)
7. Do what works (Effectiveness)

Distress Tolerance

8. ACCEPTS (Distract)
9. Self-soothe (5 senses)
10. IMPROVE the moment
11. Pros and cons
12. TIPP
13. Radical Acceptance

Walking the Middle Path

14. Think dialectically (non black and white)
15. Act dialectically (walk the middle path)
16. Validate someone else
17. Validate self
18. Positive reinforcement

Emotion Regulation

19. Identify and label emotions
20. PLEASE (Reduce vulnerability to emotion mind)
21. MASTER (Building mastery, feeling effective)
22. Engage in pleasant activities
23. Values and priorities
24. Work toward long-term goals
25. Build structure // time, work, play
26. Check the facts
27. Do problem solving
28. Opposite ACTION to current emotion

Interpersonal Effectiveness

29. DEAR MAN (Getting what you want)
30. GIVE (Improving the relationship)
31. FAST (Feeling effective & keeping your self-respect)
32. Cheerleading statements for worry thoughts
33. THINK

