



## DBT SKILLS CARD

Mindfulness Skills	Tally (x)
1. <b>Wise Mind:</b> Emotion mind is the feeling experience. Rational mind is the logic/factual mind. Wise mind is acceptance of both existing at the same time and making effective choices from a balanced mind state.	
2. <b>Observe:</b> Simply notice without words; Look at an event with a non-judgmental stance and not identifying an emotion. No choices, behaviors, or emotions occur at this time. Use your senses.	
3. <b>Describe:</b> Stick to the facts. Gain objective information about the event.	
4. <b>Participate:</b> Be involved fully in your environment. Use your 5 senses to stay present, notice if you are dissociating and bring yourself back to the current experience. BE ACTIVE.	
5. <b>Nonjudgmental Stance:</b> Avoid labels of “good” and “bad.” Use compassionate statements and find alternative thoughts.	
6. <b>Effectively:</b> Focus on what works, “good enough” choices and/or behaviors, keep your goals in mind, focus on the objective.	
7. <b>One-mindfully:</b> Stay in the moment, do one thing at a time, notice if your mind wanders and bring it back to the moment. Let go.	
Distress Tolerance	
8. <b>Distract:</b> Wise Mind <b>ACCEPTS</b> {Activities, Contributing, Comparisons, Emotions (opposite emotions), Pushing away, Thoughts, Sensations}	
9. <b>Self-Soothe:</b> Use your 5 senses to comfort, nurture, and be gentle towards yourself.	
10. <b>IMPROVE:</b> Improve the moment by using Imagery, finding Meaning, Prayer or meditation, Relaxation, doing One thing at a time, taking a brief Vacation, or Encouraging yourself.	
11. <b>Pros and Cons:</b> Make a list for short-term pros/cons and make a list for long-term pros/cons of using skills. Do this to increase rational minded thought.	
12. <b>Observe your breath:</b> Focus your attention on your breath, coming in and out. Observe your breathing as a practice in centering yourself and finding your wise mind. Observe your breathing as a way to take hold of your mind.	
13. <b>Half-Smile:</b> Change your facial expression by barely smiling.	
14. <b>Awareness Exercise:</b> Be aware of your emotions and try to tolerate them as they are in the moment. Remember that emotions are temporary. Let go.	
15. <b>Radical Acceptance:</b> Recognize and acknowledge what is actually going on in the moment. When your situation cannot improve, accept the fact that this is the way it is ONLY FOR NOW.	
16. <b>Turning the Mind:</b> Agreeing to accept over and over again, sometimes in the space of a few minutes, even when your emotion wants to reject or deny reality.	
17. <b>Willingness:</b> Being willing to have discomfort and do what is needed in the moment.	
18. <b>TIPP:</b> Change of Temperature, Intense Exercise, Paired Muscle Relaxation, & Paced Breath.	

Emotion Regulation	
19. <b>Understanding your emotions:</b> Identify the evolutionary purpose of the emotion you are feeling and have compassion for it.	
20. <b>Increase Desirable Emotions:</b> Do pleasurable activities now.	
21. <b>Work toward a life worth living:</b> Make choices that are in line with your wise-minded goals and values	
22. <b>PLEASE:</b> Reduce Vulnerability by: treating <b>Physical iLlness</b> , balance <b>Eating</b> . Avoid drugs, balance <b>Sleep</b> and <b>Exercise</b> appropriately.	
23. <b>Build MASTERY:</b> Try to do one thing a day to make yourself feel competent and in control.	
24. <b>Check the facts:</b> Many emotions and actions are set off by our thoughts and interpretations of events, not by the events themselves. Our emotions can have a big effect on our thoughts about events. Examining our thoughts and checking the facts can help us change our emotions.	
25. <b>Opposite-to-emotion action:</b> Change emotions by acting opposite to the current emotion (when not based in truth/fact). Approach rather than avoid.	
26. <b>Letting go of emotional suffering:</b> by noticing the emotion, stepping back from it, getting unstuck. Ride the wave of the emotion. Remember, you are not your emotion. An urge is just an urge. A feeling is just a feeling.	
Interpersonal Effectiveness	
27. <b>Attend to Relationships:</b> Do not let conflict build up. Keep healthy relationships, end harmful relationships.	
28. <b>Balance Priorities vs. Demands:</b> Priorities are internal drives and personal interests; demands are external pressures. If overwhelmed: Prioritize. Seek out help, say no, create a schedule/organize tasks.	
29. <b>Objective effectiveness:</b> <u>DEAR WOMAN</u> Describe. Express. Assert. Reinforce. Willingness. Observe inside and around you. Mindful. Appear confident. Negotiate.	
30. <b>Relationship effectiveness:</b> GIVE – Gentle. Interested. Validation. Easy manner.	
31. <b>Self-respect effectiveness:</b> FAST – Fair. no Apologies. Stick to values. Be Truthful. Cheerleading.	
Walking the Middle Path	
32. <b>Think Dialectically/Find the Middle Path:</b> Acknowledge black and white thinking, find the synthesis in two truths that seem opposing. Negotiate.	
33. <b>Validate Self:</b> Acknowledge your emotions/experience	
34. <b>Validate Others:</b> Acknowledge someone else's emotions/experience. Let them know you are listening. Use AND instead of BUT.	

### SKILLS CARD LOG

Date (DD/MM)	Skill Used (#)	Description of Event and Use of Skill