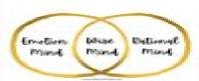
# DBT CHEAT SHEET

#### Mindfulness



#### Wise Mind

- Synthesis of Reasonable & Emotion Mind
- The Middle Path
  - Allows for intuition

#### The "What" Skills

- Observe: just notice
- Describe: apply words
- Participate: enter into the experience

#### The "How" Skills

- One-Mindfully: in the moment
- Non-judgmentally: iust the facts
- Effectively: focus on what works

#### **Distress Tolerance**

- Distract: Wise Mind ACCEPTS
   (Activities, Contribute, Comparison, opposite Emotion, Pushing away, Thoughts, Sensations)
- Self-Soothe with the 5 senses
- IMPROVE the Moment: (Imagery, Meaning, Prayer, Relaxation, One-Mindfully, Vacation, Encouragement)
- Half-Smile & Willing Hands
- Radical Acceptance: It is what it is
- Turning the Mind
- Observe your breath
- TIPP (Temperature, Intense exercise, Paced breathing, Paired with muscle relaxation
- Alternate Rebellion
- Pros & Cons

#### **Emotion Regulation**

- Emotions have a function
- Observe & Identify Emotions
- Reduce vulnerability: ABC PLEASE (Accumulate positive experiences, Build mastery, Cope ahead, treat Physical ILIness, balanced Eating, Avoid non-prescription drugs, balanced Sleep, balanced Exercise)
- · Ride the Wave: this too shall pass
- Opposite Action
- Try to love your emotions

#### Important Phone Numbers

#### Interpersonal Effectiveness

- Prioritize among interpersonal goals
- Consider options for intensity
- Say "no" & observe your limits

3 goals of interpersonal effectiveness:

- Objectives Effectiveness: DEAR MAN (Describe, Express, Ask, Reinforce, stay Mindful, Act confident, Negotiate)
- Relationship Effectiveness: GIVE (be Centle, be Interested, Validate, have an Easy manner)
- Self-Respect Effectiveness: FAST (be Fair, no Apologies, Stick to values, be Truthful)

#### Cognitive Distortions

- All or nothing thinking/black and white thinking
- Over-generalization: seeing a single negative event as an endless pattern
- Mental filter: dwelling on a single negative fact
- Disqualifying the positive: rejecting positive experiences because they "don't count"
- Jumping to conclusions: a negative interpretation despite no definite facts
- Mind reading: concluding someone has negative feelings about you without any facts
- The fortuneteller error: anticipating that things will turn out badly
- Magnification/minimization: exaggerating or shrinking the importance of things
- Emotional reasoning: assuming negative emotions are facts
- "Should" statements: motivating yourself and others with 'shoulds'
- Judging: describing an event with emotionally-loaded language

# **Resources Dbt Manual**

**Padhraic Smyth** 



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