

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:** just 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**

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 Gentle, be Interested, Validate, have an Easy manner)
 - Self-Respect Effectiveness: **FAST** (be Fair, no Apologies, Stick to values, be Truthful)

Emotion Regulation

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

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

Important Phone Numbers

Resources Dbt Manual

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Table of Contents Resources Dbt Manual

1. Understanding the eBook Resources Dbt Manual
 - The Rise of Digital Reading Resources Dbt Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Resources Dbt Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Resources Dbt Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Resources Dbt Manual
 - Personalized Recommendations
 - Resources Dbt Manual User Reviews and Ratings
 - Resources Dbt Manual and Bestseller Lists
5. Accessing Resources Dbt Manual Free and Paid eBooks

- Resources Dbt Manual Public Domain eBooks
- Resources Dbt Manual eBook Subscription Services
- Resources Dbt Manual Budget-Friendly Options
- 6. Navigating Resources Dbt Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Resources Dbt Manual Compatibility with Devices
 - Resources Dbt Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Resources Dbt Manual
 - Highlighting and Note-Taking Resources Dbt Manual
 - Interactive Elements Resources Dbt Manual
- 8. Staying Engaged with Resources Dbt Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Resources Dbt Manual
- 9. Balancing eBooks and Physical Books Resources Dbt Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Resources Dbt Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Resources Dbt Manual
 - Setting Reading Goals Resources Dbt Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Resources Dbt Manual
 - Fact-Checking eBook Content of Resources Dbt Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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