

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

Lee Krajewski



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 kalabalıkla dolu düşsel bir dünya ile birçok önemli toplumsal olaya şahit olmuş yüzyılımız ve ortaçağ arasındaki ilgi çekici
 bağa dikkatlerimizi çekiyor dekameron filmi oyuncularını pier paolo pasolini allievo di giotto ninetto davoli