

DBT Cheat Sheet



Interpersonal Effectiveness

- Setting Boundaries
- Communicating Assertively
- Maintaining Self-Respect
- Strengthening Relationships
- Walking The Middle Path

D.E.A.R. M.A.N.

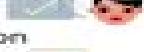
- Describe the situation
- Express your feelings
- Assert yourself
- Reinforce the other person



DEAR

MAN

- Mindful, focus on goals
- Appear confident
- Negotiate



F.A.S.T.

- Fair, to yourself and others
- Apologies, only if necessary
- Stick to your values
- Truthful

FAST

G.I.V.E.

- Gentle, be nice
- Interested, listen
- Validate, be understanding
- Easy manner, use humor

GIVE

T.H.I.N.K.

- Think about other perspective
- Have empathy
- Interpretations, more than one
- Notice other's efforts
- Kindness

THINK

R.A.V.E.N.

- Relax
- Avoid negative habits
- Validate
- Examine your values
- Neutral voice

RAVEN

- Focusing on the present moment
- Observing without judgement
- Relaxing
- Noticing signs of distressing emotions



Mindfulness

"What" Skills

- Observe: Notice the present moment without words.
- Describe: Attach words to your experience.
- Participate: Give your full attention to the moment.

"How" Skills

- Non-Judgmental: Notice your experiences without judgment.
- One-Mindful: Focus on one thing at a time, avoid multitasking.
- Be Effective: Focus on what works, remember your values.

Emotional Regulation

- Reducing Emotional Intensity
- Coping With Feelings
- Practicing Self-Care



A.B.C.

- Accumulative Positive Emotions
- Build Mastery
- Cope ahead of time

**A
B
C**

V.I.T.A.L.S.

- Validate yourself
- Imagine success
- Take small steps
- Applaud yourself
- Lighten the load
- Sweeten the pot

VITALS

P.L.E.A.S.E.

- Treat Physical Illness
- Balanced Eating
- Avoid mood Altering substances
- Balanced Sleep
- Get Exercise



Problem Solving

Check the Facts

A Model Of Emotions

Opposite Action

Riding The Wave Of Emotion



Distress Tolerance

- Tolerating emotions during a painful event
- Reducing impulsive behaviors during a crisis

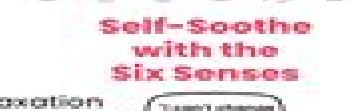
STOP

- Stop
- Take a step back
- Observe
- Proceed Mindfully

T.I.P.P.

- Temperature Change
- Intense Exercise
- Paced Breathing
- Progressive Muscle Relaxation

Self-Soothe with the Six Senses



A.C.C.E.P.T.S.

- Activities
- Contributing
- Comparisons
- Emotions
- Pushing away
- Thoughts
- Sensations

ACCEPTS

I.M.P.R.O.V.E.

- Imagery
- Meaning
- Prayer
- Relaxation
- One thing in the moment
- Vacation
- Encouragement

IMPROVE

Radical Acceptance



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SJ Ball

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