

DBT Cheat Sheet



Mindfulness

"What" Skills

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

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.

Interpersonal Effectiveness

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

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

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

MAN
Mindful, focus on goals
Appear confident
Negotiate

F.A.S.T.

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

G.I.V.E.

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

T.H.I.N.K.

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

R.A.V.E.N.

RAVEN
Relax
Avoid negative habits
Validate
Examine your values
Neutral voice

Emotional Regulation

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



A.B.C.

ABC
Accumulative Positive Emotions
Build Mastery
Cope ahead of time

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

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



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



S.T.O.P.

STOP
Stop
Take a step back
Observe
Proceed Mindfully



T.I.P.P.

TIPP
Temperature Change
Intense Exercise
Paced Breathing
Progressive Muscle Relaxation

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

ACCEPTS
Activities
Contributing
Comparisons
Emotions
Pushing away
Thoughts
Sensations

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

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

Self-Soothe with the Six Senses



Radical Acceptance



Half Smile & Willing Hands

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SJ Ball



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