

DBT skills cheat sheet

The four modules, the core skills, and what every acronym stands for.

Rockland Recovery Behavioral Health

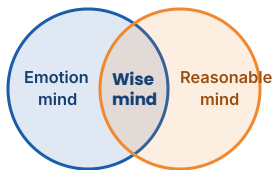
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Mindfulness

Notice without judging

WHAT SKILLS	what you do
Observe	Notice, no words yet
Describe	Put only the facts into words
Participate	Throw yourself in fully
HOW SKILLS	how you do it
Nonjudgmentally	Facts, not "good" or "bad"
One-mindfully	One thing at a time
Effectively	Do what works



Wise Mind is where emotion mind and reasonable mind overlap. Mindfulness is taught first and repeated before each other module.

Distress tolerance

Get through a crisis without making it worse

STOP	Stop Take a step back Observe Proceed mindfully
TIPP	Temperature Intense exercise Paced breathing Paired muscle relaxation
ACCEPTS	Activities Contributing Comparisons Emotions Pushing away Thoughts Sensations
IMPROVE	Imagery Meaning Prayer Relaxation One thing in the moment Vacation Encouragement

Self-soothe one sense at a time.

Pros and cons of acting on the urge vs. riding it out.

Radical acceptance and **turning the mind**: choose acceptance again each time you leave it.

Emotion regulation

Understand and change emotions

Name it. Prompting event, body sensations, urge, what the emotion is trying to say.

Check the facts. Does the intensity fit the situation, or the story about it?

Opposite action when the emotion does not fit the facts. **Problem solving** when it does.

Cope ahead. Rehearse the hard scene and the skills you will use before it happens.

ABC Accumulate positives Build mastery
Cope ahead

PLEASE treat Physical illness
balance Eating
Avoid mood-altering substances
balance Sleep get Exercise

Interpersonal effectiveness

Ask, say no, keep the relationship

DEAR MAN	Get what you want Describe Express Assert Reinforce stay Mindful Appear confident Negotiate
GIVE	Keep the relationship be Gentle act Interested Validate Easy manner
FAST	Keep your self-respect be Fair no Apologies Stick to values be Truthful

Before you start, decide: What do I want? How do I want the relationship afterward? How do I want to feel about myself after?

Call 855.520.0531

Weekly DBT skills groups · Sharon, MA

Skills from Linehan, M. M. (2015). *DBT Skills Training Manual*, 2nd ed. Educational reference, not a substitute for treatment.