

## Dialectical Behavior Therapy Life Enhancement Skills At A Glance

<p><b>Skills Training AAA Model</b></p> <p style="text-align: center;"> <span style="color: red;">A</span>wareness  <span style="color: red;">A</span>cceptance  <span style="color: red;">A</span>ction         </p> <p><b>Core Mindfulness Skills</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>What Skills</b></td> <td style="width: 50%;"><b>How Skills</b></td> </tr> <tr> <td>Observe</td> <td>One-mindfully</td> </tr> <tr> <td>Describe</td> <td>Effectively</td> </tr> <tr> <td>Participate</td> <td>Non-judgmentally</td> </tr> </table> <p><b>Reality Acceptance Skills</b></p> <p style="color: red;"><b>Pain + Non-acceptance = Suffering</b></p> <ul style="list-style-type: none"> <li>• Radical Acceptance</li> <li>• Turn the Mind</li> <li>• Practice Willingness</li> <li>• Notice Willfulness</li> <li>• Loving Kindness</li> </ul>	<b>What Skills</b>	<b>How Skills</b>	Observe	One-mindfully	Describe	Effectively	Participate	Non-judgmentally	<p style="text-align: center;"><b>Create SMART Goals</b></p> <p style="text-align: center;"> <span style="color: red;">S</span>pecific  <span style="color: red;">M</span>eaningful  <span style="color: red;">A</span>chievable  <span style="color: red;">R</span>ecordable  <span style="color: red;">T</span>imeline plan         </p> <p style="text-align: center;"><b>VITALS to Success</b></p> <p style="text-align: center;"> <span style="color: red;">V</span>alidate  <span style="color: red;">I</span>magine  <span style="color: red;">T</span>ake small steps  <span style="color: red;">A</span>pplaud yourself  <span style="color: red;">L</span>ighten your load  <span style="color: red;">S</span>weeten the pot         </p> <hr/> <p style="text-align: center;"><b>Emotion Regulation Goals</b></p> <ul style="list-style-type: none"> <li>• Identify, label, understand emotions</li> <li>• Decrease unwanted emotion responses</li> <li>• Decrease emotional vulnerability</li> </ul> <p style="text-align: center;"><b>Emotion Regulation Skills</b></p> <ul style="list-style-type: none"> <li>• Identify, label, functions of emotions</li> <li>• Mindful to emotions</li> <li>• Check the facts of emotion responses</li> <li>• Behavior chain analysis</li> <li>• Problem solving</li> <li>• Pros and cons</li> <li>• Opposite action to emotion urges</li> <li>• Respecting emotions</li> <li>• Managing extreme emotions</li> </ul> <p style="text-align: center;"> <span style="color: red;">A</span>ccumulate positive emotions  <span style="color: red;">B</span>uild skills mastery  <span style="color: red;">C</span>ope ahead for emotional events         </p> <p style="text-align: center;">           treat  <span style="color: red;">P</span>hysical  <span style="color: red;">i</span>llness  <span style="color: red;">E</span>at balanced meals  <span style="color: red;">A</span>void drug use  <span style="color: red;">S</span>leep balanced  <span style="color: red;">E</span>xercise regularly         </p>	<p><b>4 options 4 problems</b></p> <ol style="list-style-type: none"> <li><span style="color: red;">1</span> Tolerate the problem</li> <li><span style="color: red;">2</span> Change your beliefs</li> <li><span style="color: red;">3</span> Solve the problem</li> <li><span style="color: red;">4</span> Stay miserable</li> </ol> <p><b>Behavior Analysis</b></p> <ol style="list-style-type: none"> <li><span style="color: red;">1.</span> Name the behavior</li> <li><span style="color: red;">2.</span> Prompting event</li> <li><span style="color: red;">3.</span> Rate intensity Level</li> <li><span style="color: red;">4.</span> Note duration</li> <li><span style="color: red;">5.</span> List vulnerabilities</li> <li><span style="color: red;">6.</span> Behavior links: actions, body sensations, thoughts, events, feelings</li> <li><span style="color: red;">7.</span> Short term positive effects</li> <li><span style="color: red;">8.</span> Long term negative effects</li> <li><span style="color: red;">9.</span> Replace problematic links with skills</li> <li><span style="color: red;">10.</span> Apply skills until you find what works for you</li> </ol> <hr/> <p style="text-align: center;"><b>Interpersonal Effectiveness Skills</b></p> <p style="text-align: center;"> <span style="color: red;">D</span>escribe  <span style="color: red;">E</span>xpress  <span style="color: red;">A</span>ssert  <span style="color: red;">R</span>einforce         </p> <p style="text-align: center;"> <span style="color: red;">M</span>indful  <span style="color: red;">A</span>ppear confident  <span style="color: red;">N</span>egotiate         </p> <p style="text-align: center;"> <span style="color: red;">G</span>entle  <span style="color: red;">I</span>nterested  <span style="color: red;">V</span>alidate  <span style="color: red;">E</span>asy manner         </p> <p style="text-align: center;"> <span style="color: red;">F</span>air  <span style="color: red;">A</span>pology free  <span style="color: red;">S</span>tick to values  <span style="color: red;">T</span>ruthfulness         </p>
<b>What Skills</b>	<b>How Skills</b>									
Observe	One-mindfully									
Describe	Effectively									
Participate	Non-judgmentally									
<p style="text-align: center;"><b>Distress Tolerance Skills</b></p> <p style="text-align: center;"> <span style="color: red;">T</span>emperature  <span style="color: red;">I</span>ntense physical sensations  <span style="color: red;">P</span>aced breathing  <span style="color: red;">P</span>aired Muscle Relaxation         </p> <p style="text-align: center;"> <span style="color: red;">S</span>top what you are doing  <span style="color: red;">T</span>ake some deep breaths  <span style="color: red;">O</span>bserve the situation  <span style="color: red;">P</span>roceed effectively         </p> <p style="text-align: center;"> <span style="color: red;">A</span>ctivities  <span style="color: red;">C</span>ontributing  <span style="color: red;">C</span>omparisons  <span style="color: red;">E</span>motion opposites  <span style="color: red;">P</span>ushing away  <span style="color: red;">T</span>houghts  <span style="color: red;">S</span>elf-soothe with the senses         </p> <p style="text-align: center;"> <span style="color: red;">I</span>magery  <span style="color: red;">M</span>eaning  <span style="color: red;">P</span>rayer  <span style="color: red;">R</span>elaxation  <span style="color: red;">O</span>ne thing at a time  <span style="color: red;">V</span>acation  <span style="color: red;">E</span>ncouragement         </p>										