

Core Mindfulness	Wise Mind
	What Skills Observe: just notice (urge surfing) Describe: put words on Participate: enter into the experience
Interpersonal Effectiveness	How Skills One mindfully: in the moment Non-judgmentally: just the facts Effectively: focus on what work
	Prioritize among interpersonal goals Consider options for intensity: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect Saying "no" & observing limits 3 goals of interpersonal effectiveness Objectives effectiveness: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating) Relationship Effectiveness: GIVE (Gentle, Interested, Validating, Easy manner) Self-respect Effectiveness: FAST (Fair, no Apologies, Stick to values, Truthful)
Emotional regulation	Model of emotions Function of emotion PLEASE Master: Take care of Physical iLlness Balanced Eating Avoid alcohol / mood altering drugs Balanced Sleeping Balanced Exercise Build MASTERY
	Increase positive emotions
	Experience my emotion as a wave
	Opposite Action
	Practice loving my emotions
Distress Tolerance	Distract Skills Wise Mind ACCEPTS: Activities, Contribution, Comparison / Count blessings, Emotions, Pushing away Thoughts & Sensations
	Self-soothe with 5 senses
	IMPROVE the Moment: Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement --
	Pros / cons
	Observe the breath
	Half-smile
	Radical acceptance , willingness, turning the mind
DBT-S	Building Structure – Work
	Building Structure – Love
	Building Structure – Time
	Building Structure – Place