

Dialectical Behavior Therapy Life Enhancement Skills At A Glance

<p>Skills Training AAA Model</p> <p style="text-align: center;"> Awareness Acceptance Action </p> <p>Core Mindfulness Skills</p> <p> What Skills How Skills Observe One-mindfully Describe Effectively Participate Non-judgmentally </p> <p>Reality Acceptance Skills</p> <p style="color: red;">Pain + Non-acceptance = Suffering</p> <ul style="list-style-type: none"> • Radical Acceptance • Turn the Mind • Practice Willingness • Notice Willfulness • Loving Kindness 	<p style="text-align: center;">Create SMART Goals</p> <p style="text-align: center;"> Specific Meaningful Achievable Recordable Timeline plan </p> <p style="text-align: center;">VITALS to Success</p> <p style="text-align: center;"> Validate Imagine Take small steps Applaud yourself Lighten your load Sweeten the pot </p> <hr/> <p style="text-align: center;">Emotion Regulation Goals</p> <ul style="list-style-type: none"> • Identify, label, understand emotions • Decrease unwanted emotion responses • Decrease emotional vulnerability <p style="text-align: center;">Emotion Regulation Skills</p> <ul style="list-style-type: none"> • Identify, label, functions of emotions • Mindful to emotions • Check the facts of emotion responses • Behavior chain analysis • Problem solving • Pros and cons • Opposite action to emotion urges • Respecting emotions • Managing extreme emotions <p style="text-align: center;"> Accumulate positive emotions Build skills mastery Cope ahead for emotional events </p> <p style="text-align: center;"> treat Physical illness Eat balanced meals Avoid drug use Sleep balanced Exercise regularly </p>	<p>4 options 4 problems</p> <ol style="list-style-type: none"> 1 Tolerate the problem 2 Change your beliefs 3 Solve the problem 4 Stay miserable <p>Behavior Analysis</p> <ol style="list-style-type: none"> 1. Name the behavior 2. Prompting event 3. Rate intensity Level 4. Note duration 5. List vulnerabilities 6. Behavior links: actions, body sensations, thoughts, events, feelings 7. Short term positive effects 8. Long term negative effects 9. Replace problematic links with skills 10. Apply skills until you find what works for you <hr/> <p style="text-align: center;">Interpersonal Effectiveness Skills</p> <p style="text-align: center;"> Describe Express Assert Reinforce </p> <p style="text-align: center;"> Mindful Appear confident Negotiate </p> <p style="text-align: center;"> Gentle Interested Validate Easy manner </p> <p style="text-align: center;"> Fair Apology free Stick to values Truthfulness </p>
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