

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