DBT Skills Cheat Sheet

The four DBT skills modules on one page, in plain words. A memory aid for people already learning DBT, based on the skills in Marsha Linehan's *DBT Skills Training Manual*. Not a substitute for a skills group or a DBT therapist. Not affiliated with Behavioral Tech.

Mindfulness · Notice this moment without fighting it.	
Wise Mind	Where emotion mind and reasonable mind overlap. Ask: what does Wise Mind say?
"What" skills	Observe (notice without words), Describe (put facts into words), Participate (throw yourself into it).
"How" skills	Non-judgmentally, One-mindfully (one thing at a time), Effectively (do what works).

Emotion regulation · Lower the odds and the size of the next wave.	
Check the Facts	Is the emotion and its intensity fitting the facts, or the story about the facts?
Opposite Action	When the emotion does not fit the facts, act opposite to the urge, all the way.
Problem solving	When it does fit the facts, change the situation.
ABC PLEASE	Accumulate positives, Build mastery, Cope ahead. Treat PhysicaL illness, balanced Eating, avoid mood-Altering substances, balanced Sleep, Exercise.

Distress tolerance · Get through a peak without making it worse.	
STOP	Stop. Take a step back. Observe. Proceed mindfully.
TIPP	Temperature (cold water on the face), Intense exercise, Paced breathing, Paired muscle relaxation.
ACCEPTS	Distract with Activities, Contributing, Comparisons, other Emotions, Pushing away, other Thoughts, Sensations.
IMPROVE	Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation (a brief one), Encouragement.
Self-soothe · Pros & cons · Radical acceptance	Use the five senses; weigh acting on the urge vs not; accept the facts you cannot change right now.

Interpersonal effectiveness · Ask, say no, keep the relationship and your self-respect.	
DEAR MAN	Describe, Express, Assert, Reinforce. Stay Mindful, Appear confident, Negotiate.
GIVE	Be Gentle, act Interested, Validate, use an Easy manner.
FAST	Be Fair, no (unneeded) Apologies, Stick to your values, be Truthful.