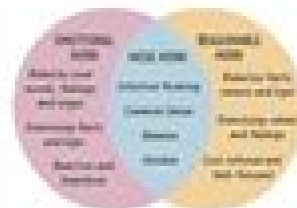


# DBT Cheat Sheet

## DBT CHEAT SHEET



### Mindfulness

#### Wise Mind

The synthesis of emotional mind & reasonable mind  
The wisdom within

#### "What" Skills

Observe: Just notice  
Describe: put words on  
Participate: enter into the experience

#### "How" Skills

One-mindfully  
Non-judgmentally  
Effectively

### Interpersonal Effectiveness

- Ask for what you want & get it more often
- Say "no" & not overindulge
- Resolve conflict effectively

#### DEAR MAN

- 1 Describe the situation
- 2 Express your feelings
- 3 Assert yourself
- 4 Reinforce the person
- 5 Mindful, focus on goals
- 6 Leave confident

### Emotional Regulation

#### VITALS to Success

- 1 Validate yourself
- 2 Imagine outcomes
- 3 Take small steps
- 4 Applaud yourself
- 5 Lighten the load
- 6 Examine the path

#### Check the Facts

Experience Emotions & Urge as Illusions

#### The ABC's of DBT

- 1 Regulate your experience
- 2 Build healthy
- 3 Live ahead of time

#### Act Opposite to Emotion

Living emotions experience, don't judge, accept

#### PLEASE

- 1 Praise (Personal Goals, one another, take pride)
- 2 Loving (Beloved)
- 3 Avoid mood altering drugs
- 4 Sleep (Beloved)
- 5 Exercise (get)

#### Thoughts, feelings & emotions are not facts

# Dbt Skills Manual Easy

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Wood,Jeffrey Brantley**



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