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| **[‘****‘[‘****CORE MINDFULNESS**Access your **WISE MIND** | **EMOTION REGULATION****Identify and Label Emotions****Check the Facts**Reduce Vulnerability with **ABC STRONG****A**ccumulate Positives**B**uild Mastery**C**ope Ahead**S**leep**T**reat Physical Illness**O**nce a Day Do Something that Gives You a Sense of Being in Control**N**utrition**G**et Exercise | **INTERPERSONAL EFFECTIVENESS**Objective Effectiveness**DEAR MAN****D**escribe**E**xpress**A**ssert**R**einforcebe **M**indful**A**ppear Confident**N**egotiateRelationship Effectiveness**GIVE**be **G**entleact **I**nterested**V**alidatehave an **E**asy mannerSelf-Respect Effectiveness**FAST**be **F**airno unnecessary **A**pologies**S**tick to your valuesbe **T**ruthful |
| **WHAT** Skills:* Observe
* Describe
* Participate
 | **HOW** Skills:* Non-Judgmentally
* One-Mindfully
* Effectively
 |
| **DISTRESS TOLERANCE**Self-Sooth with your **5 SENSES** |
| **IMPROVE** the moment **I**magery**M**eaning **P**rayer **R**elaxation **O**ne Thing in the Moment(Brief) **V**acation **E**ncouragement | **PROS & CONS****RADICAL EXCEPTANCE****OPPOSITE ACTION**Modulate Arousal with **TIP:** **T**emperature **I**ntense Exercise **P**rogressive Muscle Relaxation |
| DBT SKILLS |