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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**einforce  be **M**indful  **A**ppear Confident  **N**egotiate  Relationship Effectiveness  **GIVE**  be **G**entle  act **I**nterested  **V**alidate  have an **E**asy manner  Self-Respect Effectiveness  **FAST**  be **F**air  no unnecessary **A**pologies  **S**tick to your values  be **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 | | |