

DBT teaches skills in 4 categories:

Mindfulness: Being in the current moment, today, or the here and now most of the time. It is about being non-judgmental with yourself and others.

Distress Tolerance: Managing frustrations, stress, and problems effectively. It is about being active in solving problems and accepting when things are out of your control.

Emotional Regulation: Having healthy emotional expression and impulse control. Balancing coping and managing emotions as well as tolerating them by "riding the wave."

Interpersonal Effectiveness: Getting your needs met in relationships. Sustaining healthy relationships while also maintaining self-respect.

One or all of the DBT skills categories will be helpful to me by:

D.B.T. in Life: Parental roles:

- 1) Provide guidance & expectations along w/ increased opportunities for independence
- 2) Transparent rules w/ consistent enforcement & ability to be flexible when appropriate
- 3) Identify and deal with out of control behaviors while recognizing the typical developmental process of kids and adolescents

Meta-Skills:

- MEDDSS/MEDS
- Effectively
- Wise Mind
- IPE--DEAR MAN-GIVE-FAST
- Nonjudgmental
- Radical Acceptance

MEDDSS / MEDS

- Mastery
- Exercise
- Diet

- Medication
- Exercise
- Diet
- Drugs SI
- Sleep

- Spirituality
- Sleep

Wise Mind

Balancing Rational Mind & Emotional Mind to Create Wise Mind

Effectively

- Working with clients to be effective in their lives.
- Helping them to see what is more effective and avoid less effective strategies and behaviors.
- Avoid judgmental words such as better, worse, good or bad.

Interpersonal Effectiveness

DEAR MAN

- Describe
- Encourage
- Ask
- Reinforce

DEAR WOMAN

- Describe
- Encourage
- Ask
- Reinforce
- Mindful
- Appear Confident
- Negotiate
- Willingness
- Open Minded
- Mindful
- Appear Confident
- Negotiate

Interpersonal Effectiveness

GIVE

- Gentle
- Interest
- Validate
- Easy Manner

Interpersonal Effectiveness

FAST

- Fair to self

- Apologize less
- Stick to values
- Truthful with self & others

Nonjudgmental

- Suspending evaluations about self and others.
- Distinguishing between behaviors and person.
- There may be consequences for the behavior but the value of the person.

Radical Acceptance

- The Serenity Prayer
- Clients have the ability **to** control themselves in terms of thoughts, feelings & actions.
- Clients don't have control **over** what happens around them and what others do.
- Clients effectively focus their attention and energy on what they can control and change, themselves.

Wise Mind

Balancing Rational Mind and Emotional Mind to create Wise Mind.

We are able to be mindful and effective when we can have both Rational and Emotional Mind present in our experience. Be sure not to judge Rational Mind as good and Emotional Mind as bad. Neither is good or bad, just part of our experience in life.

By being in Wise Mind, we are in balance and have all our senses, ways of knowing and skills at their disposal to manage our lives effectively and to act in our best interest.

Non-Judgmental

- Suspending evaluations about self and others.
- Judging behavior as right or wrong, good or bad, but not judging the person engaging in the behavior. Behavior can generate natural and logical consequences, but we don't label the person engaging in the behavior.
- Describing things concretely, in non-judgmental terms.
- Liking or disliking things, while not judging ourselves or others.
- Holding values that are beliefs or ethics, not judgments.

Radical Acceptance

- The Serenity Prayer
- We have the ability to control our thoughts, feelings and actions.
- We may have limited control over what happens around us and what others do.
- We can effectively focus our attention and energy on what we can control and change: ourselves.

Use

Mastery

Exercise

Diet

Drugs (Medication)

Sleep

Spirituality

to be skillful.

Strategies that I can use to practice MEDDSS daily:

Barriers & obstacles to practicing MEDDSS:

Ways to problem solve barriers & obstacles or do it anyway:

Being effective is about what works. Some things work, but may be less effective than others. Actions can express beliefs and feelings. Actions can also get what is desired. Sometimes actions accomplish these things but create problems, cause harm to self or damage relationships. In these cases, the actions are less effective. This skill is about identifying less effective strategies and using ones that are more effective. Practice being effective with yourself, in relationships, at school or work, when relaxing, having fun and any other situations in life.

Areas of my life that I want to be as effective as possible:

Some ways I have that are less effective:

Ways I can be more effective:

Wise Mind

Everyone has the capacity to be in Wise Mind. Being in Wise Mind takes balancing thinking and feeling. Being out of balance is when you are primarily in thinking or primarily in feelings. Being able to have a little bit of thinking and feeling present in your experience most of the time, leads to being responsive to yourself, others and situations that you are in.

I tend to be out of balance with my thinking & feeling when:

Ways I have gotten in balance:

Ways I can be in balance more often:

DEAR WOMAN

This skill is designed to help you ask for help or accomplish a task.

D = Describe what is wanted

E = Encourage others to help

A = Ask for what is wanted

R = Reinforce others

W = Willingness to tolerate not always getting it my way

O = Open minded

M = Mindfully present in the current moment

A = Appear Confident

N = Negotiate with others

The relationships I want to practice DEAR WOMAN in are:

Ways I can use to practice DEAR WOMAN in my relationships

Interpersonal Effectiveness Skills

GIVE

This skill is designed to increase your capacities to improve and sustain relationships in healthy ways.

G = Gentle in relationships

I = Interest in others

V = Validate

E = Easy Manner

When is GIVE useful in relationships:

When is GIVE not so useful in relationships:

Ways I can use GIVE effectively in my relationships

Interpersonal Effectiveness Skills

FAST

Self-respect is the goal of this skill. This skill helps you balance investing in others and yourself.

F = Fair to self

A = Apologize less

S = Stick to values

T = Truthful with self

When is FAST useful in relationships:

When is FAST not so useful in relationships:

Ways I can use FAST effectively in my relationships

Mindfulness Skills

Non-Judgmental

Being "Non-Judgmental" is about not assigning a value to yourself or others. Using judgments can be isolating and problematic. The judgments people might make about themselves may confirm their beliefs that they are failures, terrible, or unlovable. This can make engaging in problematic, harmful behaviors justified. Instead of putting a value on yourself or others, you can describe what is going on. Descriptions can include opinions about whether or not you like something or disagree with it. Being "Non-Judgmental" doesn't mean that everything is pleasant and there are no problems. Non-judgmental just means that you don't have to put a label on yourself or others as being good or bad.

About me:

A judgment that I make about myself:

A replacement description:

About others:

A judgment that I make about others:

A replacement description:

Radical Acceptance

Radical Acceptance is about acknowledging what you have control over and what you don't. You have control over your thoughts, feelings, impulses and behaviors. You can influence and impact other people but you can't control them. You can influence and impact the environment but you can't change it. Radical Acceptance is sometimes misunderstood as resignation, approval and being passive. It is not; it is about investing your time in energy in what you can control: yourself.

Successes I have already had practicing Radical Acceptance:

Radical Acceptance will be hard for me when:

Ways I can practice Radical Acceptance even when it is hard:
