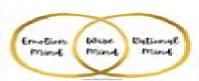
# DBT CHEAT SHEET

#### Mindfulness



#### Wise Mind

- Synthesis of Reasonable & Emotion Mind
- The Middle Path
  - Allows for intuition

#### The "What" Skills

- Observe: just notice
- Describe: apply words
- Participate: enter into the experience

#### The "How" Skills

- One-Mindfully: in the moment
- Non-judgmentally: iust the facts
- Effectively: focus on what works

#### **Distress Tolerance**

- Distract: Wise Mind ACCEPTS
   (Activities, Contribute, Comparison, opposite Emotion, Pushing away, Thoughts, Sensations)
- Self-Soothe with the 5 senses
- IMPROVE the Moment: (Imagery, Meaning, Prayer, Relaxation, One-Mindfully, Vacation, Encouragement)
- Half-Smile & Willing Hands
- Radical Acceptance: It is what it is
- Turning the Mind
- Observe your breath
- TIPP (Temperature, Intense exercise, Paced breathing, Paired with muscle relaxation
- Alternate Rebellion
- Pros & Cons

#### **Emotion Regulation**

- Emotions have a function
- Observe & Identify Emotions
- Reduce vulnerability: ABC PLEASE (Accumulate positive experiences, Build mastery, Cope ahead, treat Physical ILIness, balanced Eating, Avoid non-prescription drugs, balanced Sleep, balanced Exercise)
- · Ride the Wave: this too shall pass
- Opposite Action
- Try to love your emotions

#### Important Phone Numbers

#### Interpersonal Effectiveness

- Prioritize among interpersonal goals
- Consider options for intensity
- Say "no" & observe your limits

3 goals of interpersonal effectiveness:

- Objectives Effectiveness: DEAR MAN (Describe, Express, Ask, Reinforce, stay Mindful, Act confident, Negotiate)
- Relationship Effectiveness: GIVE (be Centle, be Interested, Validate, have an Easy manner)
- Self-Respect Effectiveness: FAST (be Fair, no Apologies, Stick to values, be Truthful)

#### Cognitive Distortions

- All or nothing thinking/black and white thinking
- Over-generalization: seeing a single negative event as an endless pattern
- Mental filter: dwelling on a single negative fact
- Disqualifying the positive: rejecting positive experiences because they "don't count"
- Jumping to conclusions: a negative interpretation despite no definite facts
- Mind reading: concluding someone has negative feelings about you without any facts
- The fortuneteller error: anticipating that things will turn out badly
- Magnification/minimization: exaggerating or shrinking the importance of things
- Emotional reasoning: assuming negative emotions are facts
- "Should" statements: motivating yourself and others with 'shoulds'
- Judging: describing an event with emotionally-loaded language

# **Resources Dbt Manual**

**D** Keegan



The Top Books of the Year Resources Dbt Manual The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have captivated audiences this year. Resources Dbt Manual: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Resources Dbt Manual: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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