

# DBT

|                                        |                    |                   |                             |                                                                                            |
|----------------------------------------|--------------------|-------------------|-----------------------------|--------------------------------------------------------------------------------------------|
| Using Relationship Effectiveness: Give | Activities         | Accepting Reality | Emotions - use opposite     | Self Soothe with five senses                                                               |
| Non-judgmentally                       | Describe           | Truthful          | Prayer                      | Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor) |
| See                                    | Thoughts           | DBT Free Space    | Vacation                    | Assert                                                                                     |
| Participate                            | Improve the moment | Dear Man          | Interpersonal Effectiveness | Smell                                                                                      |
| Mindfulness                            | Relaxation         | Taste             | Fair                        | Express                                                                                    |

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|                              |                                                                                            |                |                               |                         |
|------------------------------|--------------------------------------------------------------------------------------------|----------------|-------------------------------|-------------------------|
| One thing at a time          | Interpersonal Effectiveness                                                                | Exercise       | Be mindful of current emotion | Comparisons             |
| Opposite to emotion action   | Observe                                                                                    | Negotiate      | Appear Confident              | Touch                   |
| Build Positive experiences   | Self-respect effectiveness: Fast                                                           | DBT Free Space | Improve the moment            | Assert                  |
| Truthful                     | Altering Drugs (no drugs unless it is medication to be taken as prescribed by your doctor) | Vacation       | Treat Physical Illness        | Participate             |
| Self Soothe with five senses | Interested                                                                                 | Meaning        | Describe                      | Emotions - use opposite |

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|                                             |                                  |                      |              |                                     |
|---------------------------------------------|----------------------------------|----------------------|--------------|-------------------------------------|
| Touch                                       | Radical<br>Acceptance            | Validate             | Sensations   | See                                 |
| Pushing<br>Away                             | Smell                            | Assert               | Contributing | Reinforce                           |
| Observe                                     | Describe                         | DBT<br>Free<br>Space | Relaxation   | One-mindfully                       |
| Activities                                  | Improve<br>the<br>moment         | Accepting<br>Reality | Negotiate    | Opposite<br>to<br>emotion<br>action |
| Using<br>Reduce<br>Vulnerability:<br>Please | Build<br>Positive<br>experiences | eating               | Willingness  | Describe                            |