present moment

Support	Be Assertive	Ask for help	Emotion Regulation	Relationships
Opposite Action	DEAR MAN	Senses	Present Moment	Self-Soothing
Turning the Mind	Communication	**FREE**	Positive Emotions	Interpersonal Effectiveness
Mindfulness	Safety Card	Non-judgemental	Reasoning Mind	Self-Awareness
Focus on the Positive	Physical Sensations	Emotional Mind	Coping Skills	Building Mastery

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present moment

Self-Soothing	Coping Skills	Roadmap	Interpersonal Effectiveness	Communication
Mindfulness	Senses	Building Mastery	Turning the Mind	Be Assertive
Positive Emotions	Relationships	**FREE**	Physical Sensations	Motivation
Opposite Action	DEAR MAN	Emotion Regulation	Radical Acceptance	Willingness
Present Moment	Safety Card	DBT thermometer	Reasoning Mind	Ask for help

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present moment

Non-judgemental	DEAR MAN	Positive Emotions	Support	Coping Skills
Wise Mind	Willingness	Distress Tolerance	Building Mastery	Relationships
Present Moment	Effective	**FREE**	Be Assertive	Turning the Mind
Opposite Action	DBT thermometer	Mindfulness	Emotion Regulation	Communication
Interpersonal Effectiveness	Focus on the Positive	Reasoning Mind	Radical Acceptance	Safety Card

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