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	**FREE**	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	**FREE**	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 Acceptance	Validate	Sensations	See
Pushing Away	Smell	Assert	Contributing	Reinforce
Observe	Describe	**FREE**	Relaxation	One-mindfully
Activities	Improve the moment	Accepting Reality	Negotiate	Opposite to emotion action
Using Reduce Vulnerability: Please	Build Positive experiences	eating	Willingness	Describe

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