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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	Vacation	Assert	Participate
Improve the moment	Dear Man	Interpersonal Effectiveness	Smell	Mindfulness
Relaxation	Taste	Fair	Express	One thing at a time

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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	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	One thing at a time
Interested	Meaning	Describe	Emotions - use opposite	Radical Acceptance

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Validate	Sensations	See	Pushing Away	Smell
Assert	Contributing	Reinforce	Observe	Describe
Relaxation	One-mindfully	Activities	Improve the moment	Accepting Reality
Negotiate	Opposite to emotion action	Using Reduce Vulnerability: Please	Build Positive experiences	eating
Willingness	Describe	Appear Confident	Self-respect effectiveness: Fast	Prayer

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