

|                                        |                    |                   |                             |                                                                                            |
|----------------------------------------|--------------------|-------------------|-----------------------------|--------------------------------------------------------------------------------------------|
| <b>S</b>                               | <b>O</b>           | <b>B</b>          | <b>E</b>                    | <b>R</b>                                                                                   |
| 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           | <b>FREE</b>       | Vacation                    | Assert                                                                                     |
| Participate                            | Improve the moment | Dear Man          | Interpersonal Effectiveness | Smell                                                                                      |
| Mindfulness                            | Relaxation         | Taste             | Fair                        | Express                                                                                    |

|                              |                                                                                            |             |                               |                         |
|------------------------------|--------------------------------------------------------------------------------------------|-------------|-------------------------------|-------------------------|
| <b>S</b>                     | <b>O</b>                                                                                   | <b>B</b>    | <b>E</b>                      | <b>R</b>                |
| 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                                                           | <b>FREE</b> | 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 |

|                                             |                                  |                      |              |                                     |
|---------------------------------------------|----------------------------------|----------------------|--------------|-------------------------------------|
| <b>S</b>                                    | <b>O</b>                         | <b>B</b>             | <b>E</b>     | <b>R</b>                            |
| Touch                                       | Radical<br>Acceptance            | Validate             | Sensations   | See                                 |
| Pushing<br>Away                             | Smell                            | Assert               | Contributing | Reinforce                           |
| Observe                                     | Describe                         | <b>FREE</b>          | 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                            |