

DBT Cheat Sheet

Mindfulness · reference list

Research-informed use. This resource may support skill learning but is not comprehensive DBT. The four common skills domains are mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation; outcomes remain individualized.

QUICK-REFERENCE LIBRARY

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| <ul style="list-style-type: none">● MINDFULNESS It encourages you to live in the present and be more aware of your surroundings, emotions, | <ul style="list-style-type: none">● Emotions |
| <ul style="list-style-type: none">● feelings, thoughts, and senses to help better | <ul style="list-style-type: none">● DISTRESS TOLERANCE It is the ability to get through an already difficult time without making it worse. Self-destructive |
| <ul style="list-style-type: none">● manage your response to distressing situations. | <ul style="list-style-type: none">● behaviors are often a result of ineffective ways of dealing with painful emotions. Distress tolerance |
| <ul style="list-style-type: none">● Logic | <ul style="list-style-type: none">● teaches the use of distraction, radical acceptance |
| <ul style="list-style-type: none">● Research | <ul style="list-style-type: none">● and pros/cons as alternatives. |
| <ul style="list-style-type: none">● Feelings | <ul style="list-style-type: none">● TIPP |
| <ul style="list-style-type: none">● Wisdom | <ul style="list-style-type: none">● WISE MIND It is a balance between the two minds and is characterized by the ability to recognize and respect |
| <ul style="list-style-type: none">● Moods | <ul style="list-style-type: none">● your feelings, but also respond to them in a rational |
| <ul style="list-style-type: none">● Rational | <ul style="list-style-type: none">● manner. |
| <ul style="list-style-type: none">● Mind | <ul style="list-style-type: none">● RATIONAL MIND |
| <ul style="list-style-type: none">● Wise | <ul style="list-style-type: none">● EMOTIONAL MIND Uses logic and cause and effect reasoning to guide |
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| <ul style="list-style-type: none">● Balance | <ul style="list-style-type: none">● make decisions. |
| <ul style="list-style-type: none">● Anxiety | <ul style="list-style-type: none">● 'WHAT' SKILLS |
| <ul style="list-style-type: none">● Statistics | <ul style="list-style-type: none">● 'HOW' SKILLS |

Observe

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| <ul style="list-style-type: none"> ● Participate | <ul style="list-style-type: none"> ● emotional states and incorporating positive |
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| <ul style="list-style-type: none"> ● Effectively | <ul style="list-style-type: none"> ● your self-respect. Validate yourself, Imagine yourself doing it, Take small steps, Applaud yourself, Lighten your load, Sweeten the pot |
| <ul style="list-style-type: none"> ● ACCEPTS Activities, Contributing, Comparisons, Emotions, Pushing | <ul style="list-style-type: none"> ● ABC Accumulate positive emotions, Build master, Cope ahead |
| <ul style="list-style-type: none"> ● away. Thoughts. Sensations. | <ul style="list-style-type: none"> ● STOP Stop, Take a breath, Observe, Proceed |
| <ul style="list-style-type: none"> ● SELF-SOOTH YOUR SENSES Taste, Smell, See, Hear, Touch | <ul style="list-style-type: none"> ● DEAR MAN Describe, Express, Assert, Reinforce, Mindful, Appear |
| <ul style="list-style-type: none"> ● IMPROVE Imagery, Meaning, Prayer, Relaxation, One thing at a time, | <ul style="list-style-type: none"> ● confident, Negotiate |
| <ul style="list-style-type: none"> ● Vacation, Encouragement | <ul style="list-style-type: none"> ● GIVE Gentle, Interested, Validate, Easy manner |
| <ul style="list-style-type: none"> ● ACCEPTING REALITY Tip the temperature, Intense exercise, Paced breathing, Paired muscle relaxation Willingness, Turning your mind, Radical acceptance | <ul style="list-style-type: none"> ● FAST Fair, Apology-free, Stick to value, Truthful |
| <ul style="list-style-type: none"> ● EMOTION REGULATION | |

MINDFULNESS

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