

DBT SKILLS USED

0 - Not thought about or used	3 - Tried, but could not use them	6 - Didn't try, used them, didn't help
1 - Thought about, not used, didn't want to	4 - Tried, could use them, but did not help	7 - Didn't try, used them, helped
2 - Thought about, not used, wanted to	5 - Tried, could use them, helped	

	M	T	W	Th	F	Sa	Su
Core Mindfulness							
Wide Mind (Emotion mind, Rational mind)							
Observe: Just notice							
Describe: Put words on							
Participate: Enter into the experience							
One-Mindfully: In the moment							
Non-Judgmentally: Just the facts							
Effectively: Focus on what works							
Consider options for intensity: Priorities; capabilities; timeliness; homework; authority; rights; relationships; reciprocity; goals; respect	M	T	W	Th	F	Sa	Su
Saying "no", observing limits							
Cheerleading statements							
Objective Effectiveness: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfully, Act confident, Negotiate)							
Relationship Effectiveness: DEAR MAN - GIVE (Gentle, Interested, Validating, Easy manner)							
Self-respect Effectiveness: DEAR MAN - FAST (Fair, Apologies, Stick to values; Truthful)							
Emotion Regulation							
Identify emotions and analyze the function of emotions	M	T	W	Th	F	Sa	Su
Increase positive experiences (emotions/events; short-term/long-term)							
Urge surfing/Riding the wave (let it come & go; just observe; don't amplify/suppress)							
Opposite to emotion action (change emotions by acting opposite; approach rather than avoid)							
PLEASE Master (Take care of physical illness; Balanced eating; Avoid mood altering drugs/alcohol; Balanced sleep; Balanced exercise; Build MASTERY)							
Distress Tolerance							
Wise Mind ACCEPTS (Activities; Contributions; Comparisons/Count blessings; Opposite emotions; Pushing away; Thoughts; Sensations)	M	T	W	Th	F	Sa	Su
IMPROVE (Imagery; Meaning; Prayer; Relaxation; One thing in the moment; Vacation; Encouragement)							
Self-soothe the 5 senses							
Pros/Cons							
Observe the breath							
Half Smile (Awareness)							
Radical Acceptance (accept reality; let go of things you cannot control)							
Turning the Mind (choose to accept)							
Willingness vs. Willfulness							
Dialectics	M	T	W	Th	F	Sa	Su
Validation of self							
Validation of others							
TIP							
Sleep improvement strategies							

