Dialectical Behavioral Therapy Skills Quick Reference List

Skills Training AAA Model

Awareness
Acceptance
Action

Mindfulness Skills

How Skills	What Skills
One-mindfully	Observe
Non-judgmentally	Describe
Effective	Participate

Distress Tolerance Skills

Activities
Contributing
Comparisons
Emotion opposites
Pushing away
Thoughts
Sensations

Imagery
Meaning
Prayer
Relaxation
One thing at a time
Vacation
Encouragement

Self Soothe with the Senses

- Taste
- Smell
- Sight
- Hearing
- Touch

Temperature
Intense physical exertion
Paced breathing

Emotion Regulation Skills

Goals are to:
- Understand Emotional Experience
- Reduce Emotional Vulnerability
- Decrease Emotional Suffering

Accumulate Positive Experiences
Build Mastery
Cope ahead of time

  Treat
Physical
i**L**lness
Eat balanced meals
Avoid mood-altering drugs
Sleep balanced
Exercise

Validate
Imagine
Take small steps
Applaud yourself
Lighten your load
Sweeten the pot

- Pros & Cons of changing emotion
- Be mindful of current emotion
- Figure out what actions your emotions are motivating you to do
- For justified emotions use opposite to emotion action
- For unjustified emotions prompt emotion opposite to current one
- Check the facts

Reality Acceptance Skills

Pain + Non-acceptance = Suffering

- Turn the Mind
- Radical Acceptance
- Practice Willingness
- Notice Willfulness

Problem Solving

1. Identify Problem
2. Gather Data
3. Analyze Data
4. Find Solution

Behavior Analysis

1. Name the behavior
2. List vulnerabilities
3. Prompting event
4. Problem thoughts
5. Problem emotions
6. Short term positive consequences
7. Long term negative Consequence
8. Find a skill to do instead of behavior

Create Smart Goals

Specific
Meaningful
Achievable
Recordable
Timeline plan

Interpersonal Effectiveness Skills

Describe
Express
Assert
Reinforce

Mindful
Appear confident
Negotiate

Gentle
Interested
Validate
Easy manner

Fair
Apology free
Stick to values
Truthfulness