


A Breakdown of DBT Skills

adapted from: Linehan, (2015). 'DBT Skills Training Manual, 2nd ed.'



MINDFULNESS	INTERPERSONAL EFFECTIVENESS	EMOTIONAL REGULATION	DISTRESS TOLERANCE
What Skills: Observe, Describe, Participate	DEAR MAN- Find the Objective & get what you want	Understanding & Naming Emotions	Crisis Survival Skills- STOP, PROS & CONS, TIPP
How Skills: Non-judgmentally, One-mindfully, Effectively	GIVE-Relationship Effectiveness FAST-Self-respect Effectiveness Balancing FAST	Skills to Change Emotional Responses- Check the Facts, Opposite Action & Problem Solving	Wise Mind ACCEPTS
Wise Mind	Communicating Needs & Wants	ABC PLEASE- Strengthening against Emotion Mind	Self-Soothing with the Senses
Mindfulness as a Spiritual Practice	Building Relationships & Ending Destructive Relationships	Managing Difficult Emotions	IMRPOVE the Moment
	Walking the Middle Path to Wise Mind		Reality Acceptance Skills- Radical Acceptance, Turning the Mind, Willingness, Half-Smile & Willing Hands, Mindfulness of Current Thoughts