



# DBT SKILLS

**M**

**T**

**W**

**TH**

**F**

**S**

**SU**

Wise Mind

Observe: just notice

Describe: Put words on, just the facts

Participate: Enter into the experience

Nonjudgmentally

One-mindfully: present moment

Effectively: Focus on what works

DEAR

MAN

GIVE

FAST

Walked the middle path; Dialectics

Validation

Strategies to change behavior

Checked the facts

Did opposite action

Problem-solved

Accumulated positive emotions **A**

Built mastery **B**

Coped ahead **C**

Reduced vulnerability: PLEASE

Mindfulness of current emotion

STOP skill

Pros and cons

TIP

Distracted

Self-soothed

Improved the moment

Radical acceptance

Half-smiling, willing hands

Willingness, Mindfulness of current thoughts

Mindfulness

Interpersonal Effectiveness

Emotion Regulation

Distress Tolerance