

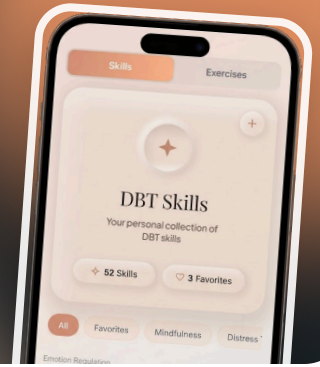


DBT-MIND · FREE PRINTABLE

DBT Skills Cheat Sheet

The core skills of all four DBT modules on one page, in plain language.
Most people end up using five to ten of them regularly.

ALL 4 MODULES · 1 PAGE



Mindfulness

The foundation: notice before you react.

Wise Mind

Where emotion and reason overlap. Ask: what does my wise mind say?

Observe, Describe, Participate

Notice, put it into words, then throw yourself into the moment.

Non-judgmentally, One-mindfully, Effectively

Facts instead of judgments, one thing at a time, do what works.

Distress Tolerance

Get through a crisis without making it worse.

STOP

Stop, Take a step back, Observe, Proceed mindfully.

TIPP

Temperature, Intense exercise, Paced breathing, Paired muscle relaxation.

ACCEPTS and Self-soothe

Structured distraction; comfort through the five senses.

Radical Acceptance

Stop fighting what can't be changed. Acceptance is not approval.

Emotion Regulation

Fewer and smaller emotional spikes over time.

Check the Facts

Does the emotion, and its intensity, fit what happened?

Opposite Action

When it doesn't fit, act opposite to the urge, fully.

PLEASE

Physical health, Eating, no mood-Altering drugs, Sleep, Exercise.

Accumulate Positives

Plan pleasant things daily; build a life worth living.

Interpersonal Effectiveness

Ask, say no and keep relationships and self-respect.

DEAR MAN

Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate.

GIVE

Gentle, Interested, Validate, Easy manner. For the relationship.

FAST

Fair, no needless Apologies, Stick to values, Truthful. For self-respect.

Quick picks

Overwhelmed, 8 out of 10 or more

TIPP: cold water, slow breathing

About to say or do something

STOP, before anything else

Spiraling or feeling unreal

Grounding: 5-4-3-2-1

A reaction that feels too big

Check the Facts, Opposite Action

A hard conversation coming

Write out your DEAR MAN first

Raw for days

PLEASE: sleep, meals, movement



Practice this on your phone with the free DBT-Mind app.

Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/dbt-skills-list

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