

DBT SKILLS OVERVIEW

MINDFULNESS

- **Wise Mind** The balance between Emotional Mind and Reasonable Mind.
- **"What" Skills** Observe, Describe, Participate.
- **"How" Skills** Non-judgmentally, One-mindfully, Effectively.

DISTRESS TOLERANCE

- **STOP Skill** Stop, Take a step back, Observe, Proceed mindfully.
- **TIP Skills** Temperature, Intense exercise, Paced breathing.
- **Radical Acceptance** Accepting reality as it is without judgment.

EMOTION REGULATION

- **Check the Facts** Does your emotion match the actual facts of the situation?
- **Opposite Action** Acting opposite to an emotional urge when it is unjustified.
- **PLEASE Skill** Treat Physical illness, Eating, Sleep, and Exercise.

INTERPERSONAL EFFECTIVENESS

- **DEAR MAN** Objective effectiveness: Getting what you want/need.
- **GIVE Skill** Relationship effectiveness: Keeping the relationship.
- **FAST Skill** Self-respect effectiveness: Keeping your dignity.