

DBT Cheat Sheet



Unit 1: Living with Intention

- **Core Mindfulness Skills:**
Wise mind: integrating reasonable and emotional states of mind
p. 50-52, Mindfulness Handouts 3-3A
- **Mindfulness WHAT Skills:**
Observe, describe, and participate
p. 53-59, Mindfulness Handouts 4-4A
- **Mindfulness HOW Skills:**
Non-judgmentally, one-mindfully, effectively
p. 60-63, Mindfulness Handouts 5-5A

Unit 3: Letting Go with Acceptance

- **Radical Acceptance:**
Complete and total openness to the facts of reality as they are
p. 342, DT Handout 11
- **Turning the Mind:**
Continuing to choose to accept reality over and over
p. 345, DT Handout 12
- **Willingness:**
readiness to wisely respond to life's events
p. 346, DT Handout 13
- **Half-Smiling and Willing Hands:**
Relaxing your face muscles and turning your hands upward
p. 347, DT Handout 14
- **Mindfulness of Current Emotions:**
Letting thoughts come and go without trying to change them
p. 350, DT Handout 15

Unit 2: Surviving a Crisis

- **STOP:**
Stop
Take a step back
Observe
Proceed Mindfully
p. 327, DT Handout 4
- **Pros & Cons:**
Considering positive and negative effects of both acting and not acting on crisis behavior urges
p. 328, DT Handout 5
- **TIPP:**
Temperature
Intense Exercise
Paced Breathing
Paired Muscle Relaxation
p. 329, DT Handout 6
- **Wise Mind ACCEPTS:**
Activities
Contributing
Comparisons/Compassion
Emotions
Pushing Away
Thoughts
Sensations
p. 333, DT Handout 7

- **Self-Soothe:**
Doing things that feel pleasant and provide relief and comfort
p. 334, DT Handout 8
- **IMPROVE:**
Imagery
Meaning
Prayer
Relaxation
One thing in the moment
Vacation
Encouragement
p. 336, DT Handout 9

Unit 4: Understanding Your Emotions

- **Model for Describing Emotions:**
p. 213, ER Handout 5
- **Ways to Describe Emotions:**
p. 214-223, ER Handout 6
- **Overview of Changing Emotional Responses:**
p. 227, ER Handout 7
- **Checking the Facts:**
Changing our beliefs, assumptions, and interpretations of events to fit the facts
p. 228, ER Handout 8
- **Examples of Emotions that Fit the Facts:**
p. 229, ER Handout 8A
- **Opposite Action and Problem Solving- Deciding Which to Use:**
p. 230, ER Handout 9
- **Opposite Action:**
Acting opposite to emotions when emotions do not fit the facts
p. 231, ER Handouts 10
- **Figuring Out Opposite Actions:**
p. 232-240, ER Handout 11
- **Problem Solving:**
Avoiding or changing the situation when emotions fit the facts
p. 241, ER Handout 12

- **Missing Links Analysis:**
p. 23, General Handout 8
- **Guidelines for Skills Training**
p. 12, General Handout 3
- **Skills Training Assumptions:**
p. 13, General Handout 4

Unit 5: Building Positive Emotions

- **Accumulating Positives - Short Term:**
Increasing pleasant events right now to increase pleasant emotions in the moment
p. 248, ER Handout 15
- **Pleasant Events List:**
p. 249-251, ER Handout 16
- **Accumulating Positives - Long Term:**
Building pleasant experiences to meet your values and life worth living goals
p. 252, ER Handout 17
- **Values and Priorities List:**
p. 253-255, ER Handout 18
- **Build Mastery:**
Doing things that make you feel competent to reduce helplessness and hopelessness
p. 256, ER Handout 19
- **Cope Ahead:**
Rehearsing a plan ahead of time so you are prepared to cope skillfully with emotional situations
p. 256, ER Handout 19
- **PLEASE:**
Treat Physical illness
Balance Eating
Avoid mood-Altering substances
Balance Sleep
MovEment/Exercise
p. 257, ER Handout 20

Unit 6: Managing Difficult Emotions & Letting Go of Suffering

- **Mindfulness of Current Emotions:**
Observing, describing, and allowing emotions without judging or trying to get rid of them
p. 264, ER Handout 22
- **Managing Extreme Emotions:**
Identifying when you are at your skills breakdown point and using crisis survival skills
p. 265, ER Handout 23
- **Troubleshooting Emotion Regulation Skills:**
p. 266-267, ER Handout 24
- **Review of Emotion Regulation Skills:**
p. 268, ER Handout 25

Unit 7: Building Strong Relationships

- **Clarifying Goals:**
Prioritizing the objective, relationship, and self-respect in an interpersonal situation
p. 124, IE Handout 4
- **DEARMAN:**
Describe
Express
Assert
Reinforce
Stay Mindful
Appear confident
Negotiate
p. 125-126, IE Handout 5
- **GIVE:**
Be Gentle
Act Interested
Validate
Easy manner
p. 128, IE Handout 6
- **Levels of Validation:**
V1 - Pay Attention
V2 - Reflect Back
V3 - "Read Minds"
V4 - Understand
V5 - Acknowledge the Valid
V6 - Show Equality
p. 129, IE Handout 6A
- **FAST:**
Be Fair
No Apologies
Stick to values
Be Truthful
p. 130, IE Handout 7
- **Evaluating Options for Intensity & Factors to Consider (Dime Game):**
p. 131-133, IE Handout 8

Unit 8: Walking the Middle Path

- **Dialectics:**
Acknowledging that two opposing things or concepts can be true at once; walking the middle path by finding the synthesis of the two
p. 150-154, IE Handouts 15-16C
- **Validation:**
p. 155-156, IE Handouts 17-18
- **Recovering from Invalidation:**
Validating ourselves, checking the facts, and acknowledging that invalidation hurts
p. 158-160, IE Handouts 19-19A
- **Strategies for Increasing the Probability of Behaviors You Want (Behaviorism):**
Positive Reinforcement, Negative Reinforcement, and Shaping
p. 161, IE Handout 20
- **Strategies for Decreasing or Stopping Unwanted Behaviors (Behaviorism):**
Extinction, Satiation, and Punishment
p. 162, IE Handout 21