

DBT Skills Introduction

Dialectical Behavior Therapy (DBT) is a structured treatment approach for individuals struggling with extreme emotional or behavioral difficulties.

DBT Can Help With:

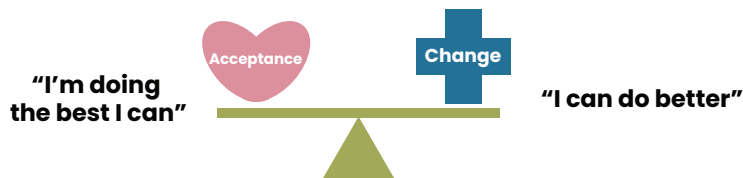
- Impulsive/disruptive behaviors
- Mood swings/Anger outbursts
- Depression and anxiety
- Family and peer conflict
- Self-harm
- Eating disordered behaviors
- Drug or alcohol abuse

Benefits Of DBT:

- Strengthen relationships
- Cope with difficult emotions
- Overcome restlessness
- Soothe oneself
- Work through conflict
- Learn self-respect
- Recognize emotions

Dialectical means dealing with two contradictory things at once. It teaches us that multiple views can be true, even if they seem like polar opposites.

The Focus of DBT is the Dialectics of
CHANGE & ACCEPTANCE



One of the primary goals of DBT is to **CHANGE** the behaviors causing suffering in our lives while simultaneously **ACCEPTING** ourselves and our circumstances in this moment.

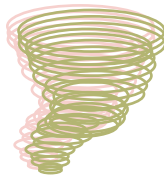
What skills does DBT teach?

- 1) **Mindfulness Skills** · Focusing on the present moment · Observing without judgement · Relaxing · Noticing signs of big emotions



Mindfulness Skill EXAMPLE: Wise Mind – The synthesis between Emotional Mind and Rational Mind. This allows us to use our inner wisdom to make good decisions.

- 2) **Distress Tolerance Skills** · Reducing Impulsive Behaviors During A Distressing Situation · Crisis Management · Coping With Stress



Distress Tolerance Skill EXAMPLE: STOP – Helps you to make it through a crisis situation.



Stop
Take a step back
Observe
Proceed mindfully

Interpersonal Effectiveness

- 3) **Skills** · Setting Boundaries · Expressing Needs · Communicating Assertively · Maintaining Self-Respect · Strengthening relationships



Interpersonal Effectiveness Skill EXAMPLE: GIVE – Helps to create/maintain a relationship.

Gentle
Interested
Validate
Easy Manner

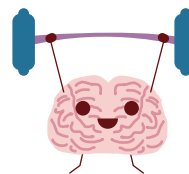
Emotion Regulation

- 4) **Skills** · Reducing Emotional Intensity · Coping With Feelings · Practicing Self-Care



Emotion Regulation Skill EXAMPLE:

ABC PLEASE – Helps to improve our emotional health.



Accumulate positive emotions
Build mastery
Cope ahead of time with emotional situations



Take care of your body:
Treat **P**hysical **i**llness, balanced **E**ating, avoid mood **A**ltering substances, balanced **S**leep, and get **E**xercise

Walking The Middle

Path Skills · Learning not everything is black and white · Practicing acceptance in the moment · Compromising and negotiating · Seeing the other person's perspective



Walking The Middle Path Skill EXAMPLE:

Validation – Validate the other person's emotions, thoughts, and who they are. Encourage self-validation.



I **♥** **ME**

DBT Distress Tolerance Skills



The emphasis of DBT Distress Tolerance Skills is tolerating your emotions during a painful event, reducing impulsive behaviors during a crisis situation, and accepting the situation for what it is without struggling to change it.



STOP — Helps you to make it through a crisis situation.

Stop — Stop! Freeze! Don't move a muscle! Don't just react. Your emotions may try to make you act without thinking. Stay in control!

Take a step back — Take a break. Let go. Take a deep breath. Don't let your feelings make you act impulsively.

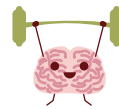
Observe — Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings?

Proceed mindfully — Use Wise Mind to proceed with awareness. Consider your goals, your thoughts and feelings, the situation, and other people's thoughts and feelings.

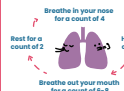
TIPP — Helps you to deescalate at the height of the crisis.



Temperature Change — Face in cold water; cold shower; cold pack on your eyes and cheeks.



Intense Exercise — Running, jumping jacks, push-ups or sit-ups until you're tired.



Paced Breathing — Slow, deep breaths.



Progressive Muscle Relaxation — Tense and relax your muscles, tense for 3-5 seconds and relax for 3-5 seconds.

IMPROVE the moment — Helps to make the situation easier to deal with when you can't escape.

Imagery — Visualize a relaxing place.

Meaning — Make meaning from the difficult situation.

Prayer — Pray to something greater, and ask for strength to bear the pain.

Relaxation — Do a relaxing activity.

One thing in the moment — Focus your entire attention on just what you are doing right now.

Vacation — Take a brief mental vacation.

Encouragement — Remind yourself, "I CAN stand it," "It won't last forever," "I will make it out of this."

SELF-SOOTHE with the Six Senses

Vision — Notice what you see.

Hearing — Pay attention to what you can hear around you.

Taste — Carefully savor flavors that the day brings you.

Smell — Be aware of good fragrances throughout the day.

Touch — Notice touch that is soothing.

Movement — Release energy and emotions through movement.



ACCEPTS — Helps you distract yourself from distressing emotions until they pass.

Activities — Do an activity that requires thought and concentration.

Contributing — Do something that allows you to focus on doing something nice for someone else.

Comparisons — Compare yourself to those less fortunate. Compare how you are feeling now to a time you were feeling worse.

Emotions — Create a new emotion that will compete with your distressing emotion

Pushing away — Push the painful situation out of your mind temporarily.

Thoughts — Use a mental strategy or an activity to shift your thoughts to something neutral.

Sensations — Find safe physical sensations to distract you from distressing emotions.

RADICAL ACCEPTANCE

Radical acceptance is the skill of accepting the things you cannot change. Practice saying Radical Acceptance Coping Statements such as:

"It is what it is."

"I can't change what's already happened."

"It's no use fighting the past."

"Everything happens for a reason."



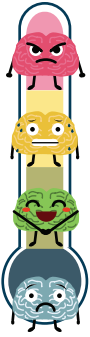
Half smile & Willing Hands



Accept reality and decrease anger by changing your posture. Relax your face, turn the corners of your mouth up just enough that you feel it. Relax your shoulders and hands, palms up inviting good things to come your way.

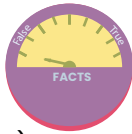
DBT Emotion Regulation Skills

The emphasis of **DBT Emotion Regulation Skills** is reducing emotional intensity, identifying feelings, coping with feelings, and practicing self-care.



A Model Of Emotions

Understanding and naming emotions; understanding triggers and thoughts that precede emotions; understanding that emotions have purpose.



Check The Facts

Ask yourself the following questions to check the facts:

- 1) What event triggered my emotion?
- 2) What interpretations or assumptions am I making about the event?
- 3) Does my emotion and its intensity match the facts of the situation? Or does it just match my assumptions of the situation?

****Remember that Thoughts, Feelings, and Emotions are NOT facts**



Problem Solving

- 1) Take slow, deep breaths to calm down your brain and body to help you think more clearly.
- 2) What is the situation or problem?
- 3) What is your goal for solving the problem?
- 4) Brainstorm some solutions to solve the problem.
- 5) Choose the best solution.
- 6) If the solution doesn't work, try a different solution.

ABC PLEASE – Helps to **increase** positive emotions and **reduce** chances of falling into Emotional Mind.

Accumulate positive emotions



- Short term goal = experience pleasant events mindfully.
- Long-term goal = Make changes in your life so that positive events will happen more often in the future.

Build mastery



- Do things that make you feel competent and effective each day such as hobbies, skills, home or school tasks. Gradually increase difficulty.

Cope ahead of time with emotional situations



- Rehearse a plan ahead of time so you are prepared to cope skillfully with emotional situations.

Take Care Of Your Mind By Taking Care Of Your Body:



Treat **P**hysical **i**llness,
Balanced **E**ating
Avoid mood **A**ltering substances
Balanced **S**leep
Get **E**xercise

Opposite Action – When an emotion is doing more harm than good, practice **Opposite Action** by acting opposite to the usual behavior associated with the emotion. This can help you change your emotion.

Emotion	Common Behaviors	Opposite Action
Angry	Attack, Yell, Argue	Gently avoid, Talk quietly and politely
Sad	Withdraw, Isolate	Get active, Interact with others
Fear/Anxiety	Escape, Avoid	Approach, Gradual exposure
Envy	To destroy what someone has	Be grateful for what you have, Be kind and generous

Riding The Wave Of Emotion

EXPERIENCE Your Emotion. As a **WAVE**, coming and going. Don't try to get **RID** of the emotion, or **PUSH** it away. Try not to **BLOCK**, or **SUPPRESS** the emotion. Don't try to **KEEP** the emotion around. Don't **HOLD ON** to it. Don't **AMPLIFY** it. Don't **JUDGE** your emotion. **RADICALLY ACCEPT** it as part of you.

DBT Mindfulness Skills



The emphasis of **DBT Mindfulness Skills** is focusing on the present moment, observing without judgment, relaxing, and noticing signs of distressing emotions.

- ✓ Mindfulness is being in control of your mind rather than letting your mind be in control of you.
- ✓ Mindfulness Skills are needed in order to make use of all the other DBT skills.
- ✓ Mindfulness Skills take Practice, Practice, Practice.

Mindfulness "What" Skills – These explain **WHAT** we do when we are mindful.

Observe

Notice the present moment, without attaching words, thoughts, or judgments to the experience.

Describe

Attach words to your experience.

Participate

Give your full attention to the moment, experience it completely without worry or distraction.

Mindfulness "How" Skills – These explain **HOW** we practice mindfulness.

Non-Judgmental

Notice your experiences without judging them as good or bad, stick to facts.

One-Mindful

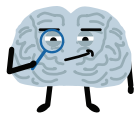
Do one thing at a time, avoid distractions, avoid multitasking.

Be Effective

Focus on what works, meet the needs of the situation, remember your values.



Ruled by thinking, facts, and logic.



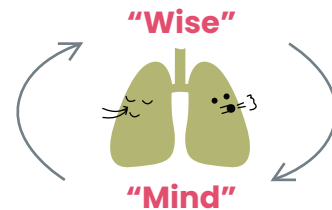
Inner wisdom.
The synthesis between Emotional Mind and Rational Mind. Helps us avoid acting impulsively, and think more clearly when experiencing strong emotions.



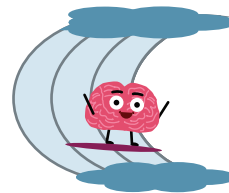
Ruled by feelings and urges. Does not consider consequences of actions.



Wise Mind Breathing – Breathe deeply. Breathing in, say to yourself, "Wise." As you breathe out, say to yourself, "Mind." Continue doing this until you have settled into Wise Mind.



Mindful Belly Breathing – Take deep belly breaths and bring your complete attention to your breath. When your attention wanders away, notice this, but don't judge yourself. Gently bring your attention back to your breath.



Wise Mind "Urge Surfing" – Imagine your urges are waves in the ocean and you are simply surfing on the waves. Do not act on the urge.

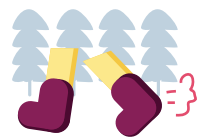
When you are eating, just eat.
When you are walking, just walk.
When you are planning, just plan.
When you are remembering, just remember. **Be Here Now.**



Mindful Eating



5 Senses



Mindful Walking



Mindful Coloring



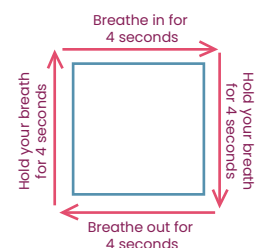
Count The Clouds In The Sky



Body Scan



Tense And Relax Your Muscles



Mindful Square Breathing



Brush Your Teeth Mindfully



DBT Interpersonal Effectiveness Skills

The emphasis of **DBT Interpersonal Effectiveness Skills** is communicating assertively, setting boundaries, expressing needs, maintaining self-respect, and strengthening relationships.

DEAR MAN – Helps you to be assertive, and get your wants/needs met in a way that protects the relationship.



Describe the situation without judgment, stick to the facts.

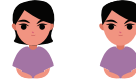


Express your feelings about the situation. Use “I” statements.

Assert yourself by stating what you want or need, or saying “no” clearly.



Reinforce or reward the other person if they respond well. This can be as simple as a smile and a “thank you.”



Mindful – Keep your focus on what you want, don’t get sidetracked by other issues.

Appear Confident – Good eye contact and posture, confident voice.

Negotiate – Be open to negotiation. Ask for the other person’s input.

GIVE – Helps to create/maintain a healthy relationship.

Be **G**entle – Be nice, no attacks, no threats, no judgement.

Act **I**nterested – Listen to the other person, don’t interrupt, don’t assume.

Validate – Convey understanding, verbally and nonverbally, acknowledge others’ emotions.

Use an **E**asy Manner – Smile, be lighthearted, use a little humor.



THINK Helps you to make peace, avoid assumptions, reduce conflict, and reduce anger.

Think about it from the other person’s perspective.

Have empathy – What might he or she be feeling or thinking?

Interpretations – Can you think of more than one possible favorable interpretation or explanation for the other’s behavior?

Notice ways the other person has been trying to help, or to show they care. Or, notice how the other person may be struggling with their own stress or problems.

Use **K**indness and be gentle when you approach the other person.

RAVEN

Helps you negotiate when conflict arises from the position that each of you have valid needs.

Relax – Take a deep breath before you speak, and accept conflict calmly.

Avoid negative habits – These include: Discounting, Withdrawing/abandoning, Threatening, Blaming, Belittling, Guilt-tripping, Avoiding/withholding, and Shutting down/stonewalling.

Validate the other person’s need or concern.

Examine your values – How do you want to be treated in a relationship—how do you want to treat others? What do you want to achieve?

Neutral voice – Keep anger out of your voice.

FAST – Helps you maintain your self-respect, and work toward a peaceful resolution.



Be **F**air to yourself and the other person. No judging.



No **A**pologies – Don’t apologize for making the request, having an opinion, or disagreeing. Only apologize if you truly wronged someone.



Stick to values – Don’t compromise your values just to be liked or to get what you want. Stand up for what you believe in.



Be **T**ruthful – Don’t lie, exaggerate, make up excuses, or act helpless when you aren’t.

Saying “No” With Two Simple Steps:



1. Validate the other person’s needs or desires.

2. State a clear *preference* not to do it.

Basic Steps To End A Destructive Or Interfering Relationship:



Decide to end relationships in **Wise Mind**, never in Emotional Mind.



If the relationship is **important** and **not** destructive, and there is reason to hope it can be improved, try **problem solving** to repair a difficult relationship.



Cope Ahead to troubleshoot and practice ending the relationship ahead of time.



Be direct: Use the **DEAR MAN, GIVE, FAST** Interpersonal Effectiveness skills.

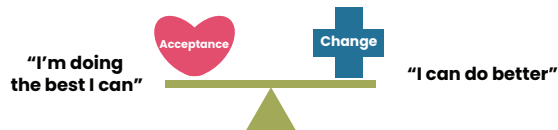
DBT Walking The Middle Path Skills

The emphasis of **DBT Walking The Middle Path Skills** is thinking and acting dialectically, learning not everything is black and white, practicing acceptance in the moment, compromising and negotiating, and seeing the other person's perspective.

Thinking And Acting Dialectically

Dialectic means that two opposing views can be true at the same time. This idea is essential in the DBT middle path skills.

Walking the middle path means finding the balance between two opposites



Tips For Finding The Middle Path

-> Avoid black and white thinking, and "all or nothing" statements.

-> Move to "both-and" thinking and away from "either/or" thinking. Avoid extreme words: "always, never, you make me."

-> Avoid assumptions and blaming.

-> Practice looking at all sides of a situation and all points of view.

-> Remember: No one has the absolute truth. Be open to alternatives.

-> Use "I feel..." statements, instead of "You are..." or "You should..."

-> Accept that different opinions can be valid, even if you do not agree with them.

-> Do not expect others to know what you are thinking.

-> Remember that everything and every person is connected in some way. The waves and the ocean are one.

-> Accept and embrace change.

-> All people have something unique, different, and worthy to teach us.

Validation

- Validation is finding the kernel of truth in another person's perspective or situation.

- It improves our relationships by showing we are listening and being understanding.

- Convey to the other person that their feelings, thoughts, and actions make sense and are understandable to you in a particular situation.

Self-Validation

- Reassure yourself that what you are feeling is important

- Acknowledge that your thoughts, feelings, and actions make sense, and are accurate and acceptable in a particular situation. Don't judge yourself.

How To Validate Others

- Pay Attention – look interested, actively listen.

- Reflect the feeling back.

- Acknowledge the valid.

- Respond in a way that shows that you are taking the person seriously, be nonjudgmental.

- Don't be defensive, be willing to admit mistakes.

- Treat the other person as an equal – show tolerance.

Work/School
AND Rest

Self-Validation **AND**
Acknowledging
Mistakes

Self-Improvement
AND
Self-Acceptance

Accept Yourself
AND Still Want
To Change

Problem Solving
AND
Problem
Acceptance

Caring About
Self **AND** Caring
About Others

You Are Right
AND The
Other Person
Is Right

Disagree With
Someone
AND Also
Be Friends

Be Independent
AND
Also Accept Help

Emotion
Regulation
AND
Emotion
Acceptance

Be Mad At Somebody
AND Love And Respect
Them

Disagree With
Rules **AND** Also
Follow Rules