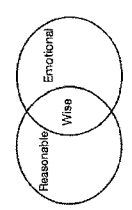


Acceptance - Middle path - Change
 Dialectics
 Biological contribution
 Invalidating environment
 Awareness - Mindfulness
 Acceptance - Accepting reality
 Action - Tolerate, Regulate, Communicate, Evaluate



States of mind
 Observe
 Describe
 Participate
 Non-judgmentally
 One-mindfully
 Effectively

Activities - what works for you
 Contributing - to others
 Comparisons - to people coping less
 Emotions - opposite emotions
 Pushing away - leave situation
 Thoughts - time out for thoughts
 Sensations - intense sensations

A.C.C.E.P.T.S
 Distract
 Vision
 Hearing
 Smell
 Taste
 Touch

Self-soothe
 Five Senses
 Imagery
 Meaning
 Prayer
 Relaxation
 One thing in the moment
 Vacation
 Encouragement

I.M.P.R.O.V.E the moment
 List pros en cons tolerating distress vs not tolerating distress
 List negative and positive consequences
 Half smile +
 Breathing +
 Awareness +

Accepting reality
 Principles of Accepting Reality
 Radical Acceptance
 Turning the Mind
 Willingness
 Willfulness

Attending relationships
 Balancing priorities vs. demands
 Balancing wants-to-shoulds
 Building mastery and self-respect

D.E.A.R M.A.N
 Describe
 Express
 Assert
 (stay) Mindful
 Appear confident
 Negotiate

Goals
 Relationship effectiveness
 Self-respect effectiveness
 Gentle
 Interested
 Validate
 Easy manner
 Fair
 (no) Apologies
 Stick to values
 Truthful

Lack of skill
 Worry thoughts
 Emotions
 Indecision
 Environment
 Factors reducing interpersonal effec.

Communicate and influence others
 Organize and motivate
 Self-validating
 Understand emotions

Prompting event
 Interpretations
 Experiencing
 Expressing
 Aftereffects
 Ways to describe emotions

Physical illness (treat it)
 Eating (do it balanced)
 Altering drugs (mood, avoid)
 Exercise (get it)
 Mastery (build it)
 Reduce emotional vulnerability

Build positive experiences
 Mindful of positive experiences
 Unmindful of worries
 Observe your emotion
 Experience your emotion
 You are not your emotion
 Practice loving your emotion
 Works best if emotional intensity is NOT JUSTIFIED
 Decrease emotional suffering

Do it All the way
 Opposite to emotion-action
 Step-by-Step: Decide - Check the facts - Act opposite - Continue - Repeat
 Distress tolerance, Problem solve,
 Radically accept or Crisis survival
 If emotion is justified

DBT skills

Distress Tolerance

Emotion regulation

Interpersonal effectiveness

Core Mindfulness

Orientation

AAA model

Bio-Social Model

Dialectics

Acceptance - Middle path - Change

Radical Acceptance