DBT Part 2
Behavioral Skills

Tolerating
Pros  Cons
+

Not Tolerating
Pros  Cons
−
A skill is the ability to use one’s knowledge effectively and readily in the execution or performance of a task.

A skill is something you learn how to do that can help you to have a happier, safer and healthier life.

Our goal is to learn skills that will allow you to help yourself and make the most out of who you are.

It is your job to USE a skill once you have learned it.

Every skill you learn is something you can take with you and have forever, like a treasure that no one can take away.

But keep in mind that learning new skills is hard work. It helps to practice the skills as much as you can between groups.
• Something you do for someone else as a way of repairing the relationship if it has been damaged in some way.

• The relationship we have with each other is central, and should be based on trust, respect, and cooperative work on common and individual goals.

• If anyone should break any of the agreed upon rules and or agreements (because sometimes people do make mistakes) then a Repair will be expected.

• Repairs can come in a variety of different forms – you are encouraged to be creative should you need to make a repair.
The reasons we do repairs are

✓ Human relationships are very important.

✓ It is important that when you have hurt someone, you make an effort to make it up to that person or people that you have hurt.

✓ No one is perfect, and everyone deserves a chance to make up for a mistake.

✓ It reminds us to respect and value each other.

✓ It feels good to do something nice for someone else.
# Goals of Skills Training

## Specific Goals

<table>
<thead>
<tr>
<th>Behaviors to Increase</th>
<th>Behaviors to Decrease</th>
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<tbody>
<tr>
<td><strong>1. Core mindfulness skills</strong></td>
<td><strong>1. Confusion about self, cognitive dysregulation</strong></td>
</tr>
<tr>
<td>![Mindfulness Image]</td>
<td>![Confusion Image]</td>
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</tbody>
</table>
| **2. Interpersonal effectiveness skills** | **2. Interpersonal chaos**  
**Fears of Abandonment** |
| ![Interpersonal Image] | ![Interpersonal Chaos Image] |
| **3. Emotion regulation skills** | **3. Dysregulated emotions, moods**  
**Excessive Anger**  
**Excessive Sadness** |
| ![Emotion Image] | ![Dysregulated Image] |
| **4. Distress tolerance skills** | **4. Impulsiveness**  
**Suicide Threats** |
| ![Distress Image] | ![Impulsiveness Image] |
DBT Modules & skills

- **Core Mindfulness**
  - **Wise Mind**
  - **Observe**: just notice
  - **Describe**: put words on
  - **Participate**: enter in
  - **Nonjudgmental** stance: don’t evaluate
  - **One-Mindfulness**: one thing at a time
  - **Effectiveness**: focus on what works

- **Interpersonal Effectiveness**
  - **Objective Effectiveness**: DEAR MAN
    - Describe-Express-Assert-Reinforce
    - [stay] Mindful-Appear confident-Negotiate)
  - **Relationship Effectiveness**: GIVE
    - [be] Gentle-[act] Interested-Validate-[use an] Easy manner
  - **Self-Respect Effectiveness**: FAST
    - [be] Fair-[no] Apologies-Stick to values-[be] Truthful

- **Emotion Regulation**
  - **Reduce vulnerability**: PLEASE
    - Exercise
  - **Build MASTERY**
  - **Build Positive Experiences**
  - **Opposite-to-Emotion action**

- **Distress Tolerance**
  - **Distract-Wise Mind ACCEPTS**
    - Activities-Contributing-Comparisons-Emotions-Pushing-Thoughts-Sensations
  - **Self-soothe**
  - **IMPROVE** the moment
    - Imagery-Meaning-Prayer-Relaxation-One thing at a time]-Vacation-Encouragement
  - **Pros and Cons**
  - **Radical acceptance**
  - **Turning the mind**
  - **Willingness**
  - **Willfulness**