

DBT Skills When to Use

Distress Tolerance

ACCEPTS

Activities, Contribute, Compare, Emotions, Push away, TIPS, Senses

Self-Soothe

Using your senses to calm down

Radical Acceptance

Complete acceptance

Emotional Regulation

PLEASE

Treat physical illness, balance eating, avoid drugs, sleep, exercise

Build Mastery

Do something that makes you feel good and in control

Build Positive Experiences

Do pleasant things now!

Opposite Action

Do the opposite of your emotions

Mindfulness

Wise Mind

Stay balanced between emotion and reason

Observe

Notice your thoughts without reacting

Describe

Put your experience into words

Participate

Throw yourself into something you're passionate about

Non-judgmental

Don't judge others or yourself

One-Minded

Let go of distractions

Effectiveness

Do what works for you

Interpersonal Effectiveness

DEAR MAN

Describe, express feelings, assert, reinforce, mindful, appear confident, negotiate

GIVE

Gentle approach, be interested, validate, use easy manner

FAST

Be Fair, no Apologies, Stick to values, be Truthful

Imagine you have a mood thermometer, where 0 is Totally Calm and 10 is Highly Distressed. Where you are on the mood thermometer will dictate which category of DBT skills you should use.

For instance at the top of the thermometer is the Distress Tolerance Skills, we use these skills when we're in crisis.

While at the bottom of the thermometer is Interpersonal skills, these are for when we're calm and able to communicate with others.

Before using skills check in with yourself to make sure you're in the right category for your mood.