

DBT Skills Overview

1. Mindfulness

Being present in the moment, non-judgmentally.



- Observe, Describe, Participate
- Reducing, improving
- Grounding, conditioning

Mini Diary
Card Section

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2. Distress Tolerance

Managing a crisis without making it worse.



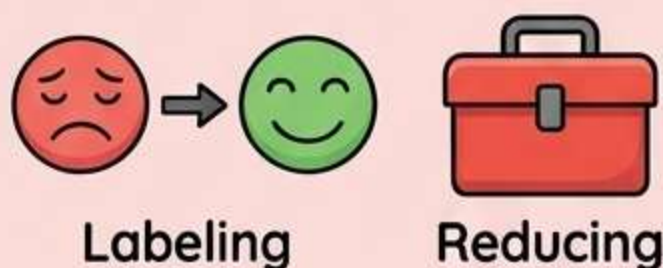
- Deep breath in stressful
- Emotional in situation
- Breathing a stressful situation

Mini Diary
Card Section

	1	2	3	4	5
Mood					
Rating					

3. Emotion Regulation

Understanding and reducing emotional sensitivity.



- Labeling a reflection
- Emotions in situations
- Changing emotionality
- Reducing sensitivity

Mini Diary
Card Section

	1	2	3	4	5
Mood	☐	☐	☐	☐	☐
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4. Interpersonal Effectiveness

Communicating effectively, making requests.



- I relate to maintaining
- "I" statements
- Maintaining "I" statements
- Maintaining good eye contact

Mini Diary
Card Section

	1	2	3	4	5
Mood	☐	☐	☐	☐	☐
Rating	☐	☐	☐	☐	☐

