

# DBT CHEAT SHEET – Coping Skills

The following highlights the Dialectical Behavior Therapy (DBT) tools to use to manage or regulate the many challenging emotions we feel. Try out some of these tools in your day-to-day life. Visit <https://dbt.tools/> for more information.

# DBT CHEAT SHEET

## How to use these skills:

Awareness  
Acceptance  
Action

## Mindfulness

How skills:

- One-mindfully
- Non-judgmentally
- Effective

What skills:

- Observe
- Describe
- Participate

## Distress Tolerance

Activities  
Contributing  
Comparisons  
Emotion opposites  
Pushing away  
Thoughts  
Sensations

Imagery

Meaning

Relaxation

One thing at a time

Vacation

Encouragement

Temperature

Intense Physical

Exertion

Paced breathing

## Emotion Regulation Skills

- Understand emotional experience
- Reduce emotional vulnerability
- Decrease emotional suffering

## Emotion Regulation

**P & L** Physical Illness (treat)

Eating (balance)

Altering drugs (avoid mood-altering drugs)

Sleep (balance)

Exercise (get)

build **MASTERY**

Mindful to emotion

Act opposite to emotion

Self-validation

Turn the mind

Experience building positives

Radical acceptance

## Interpersonal Effectiveness

Describe

Express

Assert

Reinforce

Mindful

Appear confident

Negotiate

Gentle

Interested

Validate

Easy Manner

Fair

Apology-free

Stick to values

Truthfulness

## Problem Solving

1. Identify problem
2. Gather data
3. Analyze data
4. Find solution

## Validate

Imagine

Take small steps

Applaud yourself

Lighten your load

Sweeten the pot

## Setting Goals

Specific

Meaningful

Achievable

Recordable

Timeline plan

## Relapse Prevention

- Practice skills daily
- Enhance positive states
- Disregard social pressure

## Thought Modification

- Turn the mind
- Radical acceptance
- Willingness

## Behaviour Chain Analysis

1. Prompting event
2. Problem thought
3. Problem emotion
4. Target behavior
5. Short-term relief
6. Long-term consequences

## Self-soothe with the senses

Taste  
Hearing  
Smell  
Sight  
Touch

## Pros & Cons

## 1. THINKING DIALECTICALLY:

Maintain openness to contradictory and/or polarized thoughts and points of view. Blend these thoughts into a "truth" which best explains reality at the moment.

## 2. WISE MIND:

Emotional mind is the feelings mind. Reason mind is the factual/knowledge mind. Wise mind is when they work together with intuition.

## 3. OBSERVE, JUST NOTICE:

Look at the situation without emotion or judgment. Just notice what is happening without trying to change it.

## 4. DESCRIBE:

Put words on it. Describe the event without judgment or emotion. "Just the facts."

## 5. NON-JUDGMENTAL STANCE:

Avoid labelling something as "good" or "bad." Just observe, describe, participate.

## 6. EFFECTIVENESS:

Focus on what works. Keep an eye on your objectives.

## 7. MINDFULLY:

In the moment. Focus all of your senses on the one thing you are doing/thinking at a particular moment. If you notice other thoughts entering your mind, follow them, but let them go.