

# The Ultimate Guide to Using DBT Skills for Borderline Personality Disorder

## DBT CHEAT SHEET

### Mindfulness



**Wise Mind**

- Synthesis of Reasonable & Emotion Mind
- The Middle Path
- Allows for intuition

**The "What" Skills**

- Observe:** just notice
- Describe:** apply words
- Participate:** enter into the experience

**The "How" Skills**

- One-Mindfully:** in the moment
- Non-judgmentally:** just the facts
- Effectively:** focus on what works

### Distress Tolerance

- Distract Wise Mind **ACCEPTS** (Activities, Contribution, Comparison, opposite Emotion, Pushing away, Thoughts, Sensations)
- Self-Soothe with the 5 senses
- IMPROVE the Moment** (Imagery, Meaning, Prayer, Relaxation, One-Mindfully, Vacation, Encouragement)
- Half-Smile & Willing Hands
- Radical Acceptance: It is what it is
- Turning the Mind
- Observe your breath
- TIPP** (Temperature, Intense exercise, Paced breathing, Paired with muscle relaxation)
- Alternate Rebellion
- Pros & Cons

### Interpersonal Effectiveness

- Prioritize** among interpersonal goals
- Consider options for **intensity**
- Say "no" & observe your limits

3 goals of interpersonal effectiveness

- Objectives Effectiveness: DEAR MAN** (Describe, Express, Ask, Reinforce, stay Mindful, Act confident, Negotiate)
- Relationship Effectiveness: GIVE** (be Gentle, be Interested, Validate, have an Easy manner)
- Self-Respect Effectiveness: FAST** (be Fair, no Apologies, Stick to Values, be Truthful)

### Emotion Regulation

- Emotions have a function
- Observe & Identify Emotions**
- Reduce vulnerability: **ABC PLEASE** (Accumulate positive experiences, Build mastery, Cope ahead, treat Physical illness, balanced Eating, Avoid non-prescription drugs, balanced Sleep, balanced Exercise)
- Ride the Wave:** this too shall pass
- Opposite Action**
- Try to love your emotions

### Cognitive Distortions

- All or nothing thinking/black and white thinking**
- Over-generalization:** seeing a single negative event as an endless pattern
- Mental filter:** dwelling on a single negative fact
- Disqualifying the positive:** rejecting positive experiences because they "don't count"
- Jumping to conclusions:** a negative interpretation despite no definite facts
- Mind reading:** concluding someone has negative feelings about you without any facts
- The fortuneteller error:** anticipating that things will turn out badly
- Magnification/minimization:** exaggerating or shrinking the importance of things
- Emotional reasoning:** assuming negative emotions are facts
- "Should" statements:** motivating yourself and others with "shoulds"
- Judging:** describing an event with emotionally loaded language

### Important Phone Numbers

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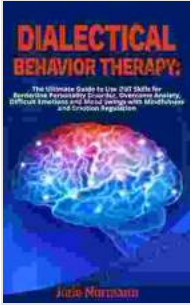
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DBTselfHelp.com

Dialectical Behavior Therapy: The Ultimate Guide to Use DBT Skills for Borderline Personality Disorder, Overcome Anxiety, Difficult Emotions and Mood



## Swings with Mindfulness and Emotion Regulation

by Mariana Correa

★★★★☆ 4.9 out of 5

Language : English  
File size : 1978 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 94 pages  
Lending : Enabled  
Screen Reader : Supported



### What is BFree Downloadline Personality DisFree Download?

BFree Downloadline Personality DisFree Download (BPD) is a mental illness that affects how a person thinks, feels, and behaves. People with BPD often have difficulty regulating their emotions, which can lead to impulsive behavior, self-harm, and relationship problems.

### What is DBT?

Dialectical Behavior Therapy (DBT) is a type of psychotherapy that was developed specifically for people with BPD. DBT is based on the idea that people with BPD have difficulty regulating their emotions because they have a hard time understanding and managing their thoughts and behaviors.

DBT teaches people skills to help them:

- Regulate their emotions

- Improve their interpersonal relationships
- Tolerate distress
- Manage their thoughts and behaviors

### **How can DBT help people with BPD?**

DBT has been shown to be effective in helping people with BPD manage their symptoms and improve their quality of life. In one study, people with BPD who received DBT therapy showed significant improvements in their emotional regulation, interpersonal relationships, and overall functioning.

### **What is included in this book?**

This book provides a comprehensive overview of DBT, including its history, theoretical underpinnings, and evidence base. The book also provides step-by-step instructions for using DBT skills to manage the symptoms of BPD, including:

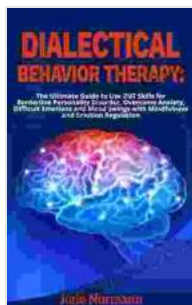
- Mindfulness
- Emotion regulation
- Interpersonal effectiveness
- Distress tolerance

### **Who is this book for?**

This book is for anyone who is interested in learning more about DBT or who is looking for help managing the symptoms of BPD. The book is written in a clear and concise style, and it includes helpful examples and exercises.

**Free Download your copy today!**

The Ultimate Guide to Using DBT Skills for Borderline Personality Disorder is available now on Our Book Library.com. Click here to Free Download your copy today!

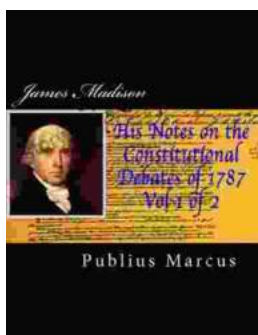


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