

## GOALS OF DBT MODULES

### **Mindfulness Skills**

- Reduce suffering and increase happiness (decrease tension, pain, and stress)
- Increase control of your mind
- Experience reality as it really is

### **Interpersonal Effectiveness Skills**

- Be skillful in getting what you want and need from others
  - Ask for things effectively
  - Say no effectively
  - Get your opinions taken seriously
- Build relationships and end destructive ones
  - Keep problems from building up
  - Repair relationships when needed
  - Resolve conflict before it becomes overwhelming
- Walk the middle path
  - Create and maintain balance in relationships
  - Balance acceptance and change

### **Emotion Regulation Skills**

- Understand and name your own emotions
  - Know what emotions do for you
  - Identify, observe, and describe your emotions
- Decrease the frequency of unwanted emotions
  - Stop unwanted emotions from starting in the first place
  - Change unwanted emotions once they start
- Decrease emotional vulnerability
  - Increase resilience
  - Increase positive emotions
- Decrease emotional suffering
  - Manage extreme emotions
  - Learn to let go

### **Distress Tolerance Skills**

- Survive crisis situations
  - ...without making them worse
- Accept reality
  - Replace “suffering” with ordinary pain
  - Increase the possibility of moving forward rather than getting stuck
- Become free
  - ...of having to satisfy the demands of your own desires, urges, and intense emotions

## OVERVIEW OF SPECIFIC DBT SKILLS BY MODULE

### **Mindfulness Skills**

#### Core mindfulness skills

- Wise mind (states of mind)
- “What” skills (observe, describe, participate)
- “How” skills (non-judgmentally, one-mindfully, effectively)

### **Interpersonal Effectiveness Skills**

#### Obtaining objectives skillfully

- Clarifying priorities
- Objectives 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)
- Factors to consider for intensity of asking or saying no

### **Emotion Regulation Skills**

#### Understanding and naming emotions

- Function of emotions
- What factors make regulation difficult (including myths)
- Model of emotions (observing, describing and naming emotions)

#### Changing emotional Responses

- Check the facts
- Opposite Action
- Problem solving

#### Reducing vulnerability to emotion mind

- ABC PLEASE (Accumulate positive emotions, Build mastery, Cope ahead; treat Physical illness, balance Eating, avoid mood Altering substances, balance Sleep, get Exercise)

#### Managing really difficult emotions

- Mindfulness of current emotions (letting go)

### **Distress Tolerance Skills**

#### Crisis survival skills

- Wise Mind ACCEPTS (Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations)
- Self-soothing with senses (vision, hearing, smell, taste, touch; body scan)
- IMPROVE the moment (Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement)

#### STOP skill

#### Pros and Cons

- TIPP body chemistry (Temperature, Intense exercise, Paced breathing, Paired muscle relaxation)

#### Reality acceptance skills

- Radical acceptance
- Turning the mind
- Willingness
- Half-smiling
- Willing hands
- Mindfulness of current thoughts

#### Additional distress tolerance skills:

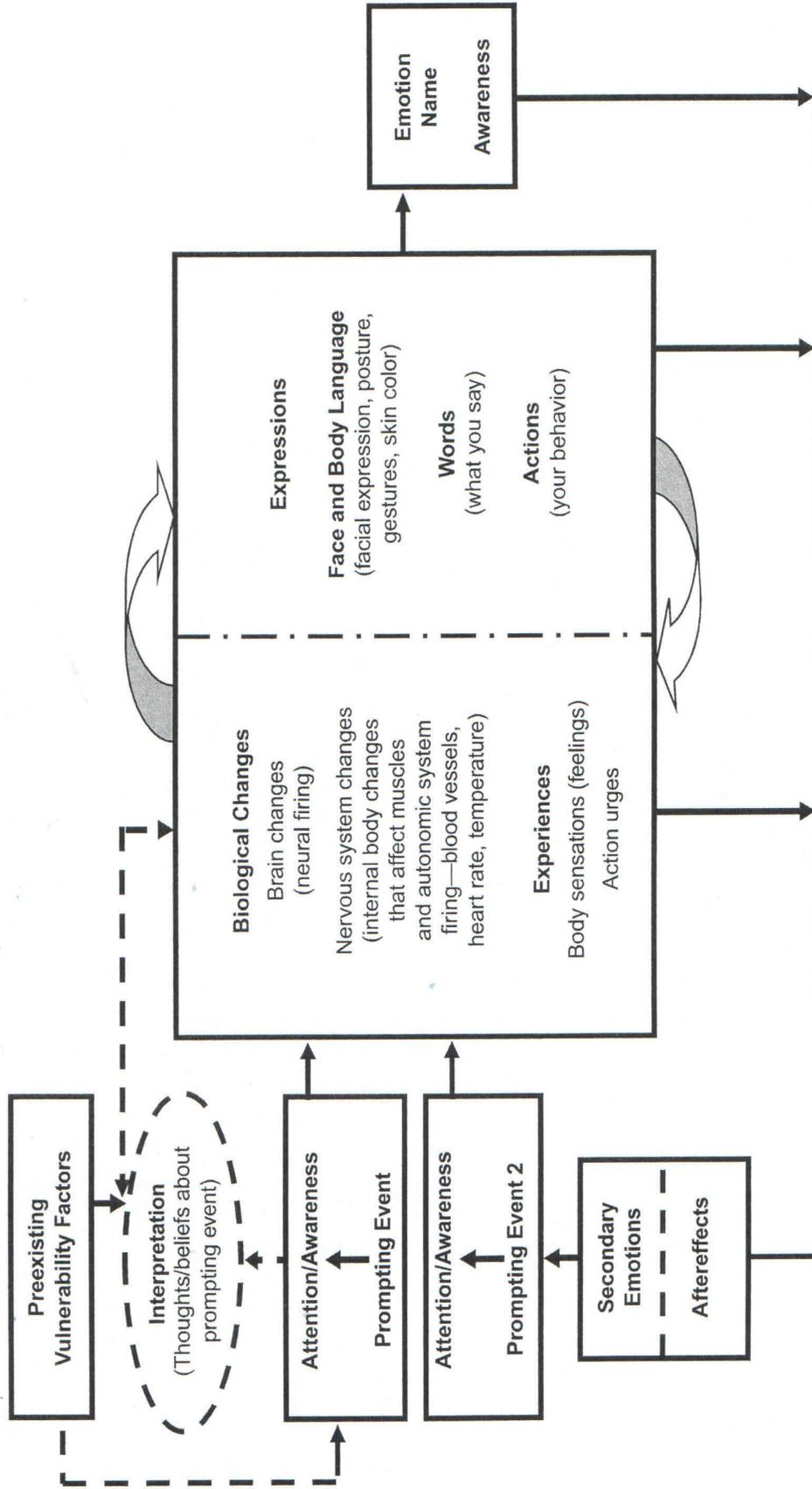
- Alternate rebellion
- Urge surfing

## Myths about Emotions

1. There is a right way to feel in every situation.  
*Challenge:* \_\_\_\_\_
2. Letting others know that I am feeling bad is a weakness.  
*Challenge:* \_\_\_\_\_
3. Negative feelings are bad and destructive.  
*Challenge:* \_\_\_\_\_
4. Being emotional means being out of control.  
*Challenge:* \_\_\_\_\_
5. Some emotions are stupid.  
*Challenge:* \_\_\_\_\_
6. All painful emotions are a result of a bad attitude.  
*Challenge:* \_\_\_\_\_
7. If others don't approve of my feelings, I obviously shouldn't feel the way I do.  
*Challenge:* \_\_\_\_\_
8. Other people are the best judges of how I am feeling.  
*Challenge:* \_\_\_\_\_
9. Painful emotions are not important and should be ignored.  
*Challenge:* \_\_\_\_\_
10. Extreme emotions get you a lot further than trying to regulate your emotions.  
*Challenge:* \_\_\_\_\_
11. Creativity requires intense, often out-of-control emotions.  
*Challenge:* \_\_\_\_\_
12. Drama is cool.  
*Challenge:* \_\_\_\_\_
13. It is inauthentic to try to change my emotions.  
*Challenge:* \_\_\_\_\_
14. Emotional truth is what counts, not factual truth.  
*Challenge:* \_\_\_\_\_
15. People should do whatever they feel like doing.  
*Challenge:* \_\_\_\_\_
16. Acting on your emotions is the mark of a truly free individual.  
*Challenge:* \_\_\_\_\_
17. My emotions are who I am.  
*Challenge:* \_\_\_\_\_
18. My emotions are why people love me.  
*Challenge:* \_\_\_\_\_
19. Emotions can just happen for no reason.  
*Challenge:* \_\_\_\_\_
20. Emotions should always be trusted.  
*Challenge:* \_\_\_\_\_
21. Other myth: \_\_\_\_\_  
*Challenge:* \_\_\_\_\_



## Model for Describing Emotions





## Ways to Describe Emotions

### ANGER WORDS

anger	bitterness	fury	indignation	vengefulness
aggravation	exasperation	grouchiness	irritation	wrath
agitation	ferocity	grumpiness	outrage	
annoyance	frustration	hostility	rage	

### Prompting Events for Feeling Anger

- Having an important goal blocked.
- You or someone you care about being attacked or threatened by others.
- Losing power, status, or respect.
- Not having things turn out as expected.
- Physical or emotional pain.
- Other: \_\_\_\_\_

### Interpretations of Events That Prompt Feelings of Anger

- Believing that you have been treated unfairly.
- Blaming.
- Believing that important goals are being blocked or stopped.
- Believing that things “should” be different than they are.
- Rigidly thinking, “I’m right.”
- Judging that the situation is illegitimate or wrong.
- Ruminating about the event that set off the anger in the first place.
- Other: \_\_\_\_\_

### Biological Changes and Experiences of Anger

- Muscles tightening.
- Teeth clamping together.
- Hands clenching.
- Feeling your face flush or get hot.
- Feeling like you are going to explode.
- Being unable to stop tears.
- Wanting to hit someone, bang the wall, throw something, blow up.
- Wanting to hurt someone.
- Other: \_\_\_\_\_

### Expressions and Actions of Anger

- Physically or verbally attacking.
- Making aggressive or threatening gestures.
- Pounding, throwing things, breaking things.
- Walking heavily, stomping, slamming doors.
- Walking out.
- Using a loud, quarrelsome, or sarcastic voice.
- Using obscenities or swearing.
- Criticizing or complaining.
- Clenching your hands or fists.
- Frowning, not smiling, mean expression.
- Brooding or withdrawing from others.
- Crying.
- Grinning.
- A red or flushed face.
- Other: \_\_\_\_\_

### Aftereffects of Anger

- Narrowing of attention.
- Attending only to the situation that’s making you angry.
- Ruminating about the situation making you angry or about situations in the past.
- Imagining future situations that will make you angry.
- Depersonalization, dissociative experiences, numbness.
- Other: \_\_\_\_\_

**(continued on next page)**

*Note.* Adapted from Table 3 in Shaver, P., Schwartz, J., Kirson, D., & O’Connor, C. (1987). Emotion knowledge: Further exploration of a prototype approach. *Journal of Personality and Social Psychology*, 52(6), 1061–1086. Copyright 1987 by the American Psychological Association. Adapted by permission.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this handout is granted to purchasers of *DBT Skills Training Manual, Second Edition*, for personal use or use with individual clients only. (See page ii of this packet for details.)

## Using Cold Water, Step by Step

### **COLD WATER CAN WORK WONDERS\***

When you put your full face into cold water . . . **or** you put a zip-lock bag with cold water on your eyes and upper cheeks, and **hold your breath**, it tells your brain you are diving underwater.

This causes the “**dive response**” to occur. (It may take 15–30 seconds to start.)

Your heart slows down, blood flow to nonessential organs is reduced, and blood flow is redirected to the brain and heart.

This response can actually help **regulate your emotions**.

This will be useful as a **distress tolerance strategy** when you are having a very **strong, distressing emotion**, or when you are having very **strong urges to engage in dangerous behaviors**.

(This strategy works best when you are sitting quietly—activity and distraction may make it less effective.)

**TRY IT OUT!**

**\*Caution:** Very cold water decreases your heart rate. If you have any heart or medical condition, have a lowered base heart rate due to medications, or are on a beta-blocker, consult your health care provider before using these skills. Avoid ice water if you are allergic to the cold.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this handout is granted to purchasers of *DBT Skills Training Manual, Second Edition*, for personal use or use with individual clients only. (See page ii of this packet for details.)

## Pro's & Con's – EXAMPLES from Groups

When you have the urge to lash out verbally (aka: verbal retaliation):

	<b>Pro's</b>	<b>Con's</b>
<b>Acting on Crisis Urges (Lashing out)</b>	<ul style="list-style-type: none"> <li>-Feels good – fair, validating, being right</li> <li>- Turns the tables: focus is put on the other person</li> <li>- Others will leave you alone</li> <li>- You get instant gratification</li> <li>- You main gain popularity/respect</li> <li>- Get the rush/feel powerful/thrill</li> <li>-May feel in control of situation</li> <li>- Be intimidating</li> <li>- Distancing</li> </ul>	<ul style="list-style-type: none"> <li>- Lose self-esteem</li> <li>- Lose self-worth</li> <li>- Pisses people off</li> <li>- People leave</li> <li>- Hurt someone (usually someone I love)</li> <li>- Lose motivation for treatment</li> <li>- Want to then stop using skills all together/rebel</li> <li>- Guilt and shame</li> <li>- Escalates things</li> <li>- Someone gives it right back to me</li> <li>- Feel depressed</li> <li>- Horrible anxiety afterwards</li> <li>- Keeps anyone from focusing on the real issue</li> <li>- Get judged by others (esp. if in a minority group)</li> <li>- More likely to do it again – seems to build on itself</li> <li>- Ruins a potentially good time</li> <li>- Feel exhausted (emotional hangover) – at least several hours if not days</li> <li>- Can't sleep / end up sleeping too much</li> <li>- Can't be productive afterwards</li> </ul>
<b>Resisting Crisis Urges (Using skills)</b>	<ul style="list-style-type: none"> <li>- Maintain self-respect</li> <li>- Preserves relationship: other person is more receptive</li> <li>- Gives you a chance to keep/repair a relationship</li> <li>- Increases self-esteem</li> <li>- Gain trust of others</li> <li>- Feel in control in a “real” sense</li> <li>- Hope for future</li> <li>- Feel mature</li> <li>- Get to the true problem</li> <li>- Get taken more seriously</li> <li>- Build skills so it gets easier</li> <li>- Keeps the entire situation at an even emotional level</li> <li>- Feel accomplished</li> <li>- Feel organized</li> <li>- Say what matters instead of stupid stuff</li> </ul>	<ul style="list-style-type: none"> <li>- Don't get to fight or argue</li> <li>- Don't get to make your point</li> <li>- No immediate release</li> <li>- Have to feel hurt/pain/anger</li> <li>- Takes a lot of effort</li> <li>- Others won't be afraid of you</li> <li>- Point is sometimes not as strong</li> <li>- Other person could think their behavior is ok</li> </ul>

