

DBT Cheat Sheet

Name:

Date:

Introduction:

Dialectical Behavior Therapy (DBT) is an evidence-based approach that combines cognitive-behavioral techniques with mindfulness practices. It's designed to help individuals manage intense emotions, improve relationships, and enhance overall well-being.

Core Principles:

1. Mindfulness:

- Observing: _____
- Describing: _____
- Participating: _____

2. Emotion Regulation:

- Identify Emotions: _____
- Reduce Vulnerability: _____
- Increase Positive Emotions: _____

3. Distress Tolerance:

- Accept Reality: _____
- Self-Soothe: _____
- Improve the Moment: _____

4. Interpersonal Effectiveness:

- Objective Effectiveness: _____
- Relationship Effectiveness: _____
- Self-Respect Effectiveness: _____

DBT Skills Breakdown:

Mindfulness:

- Observing: _____
- Describing: _____
- Participating: _____

Emotion Regulation:

- Identify Emotions: _____
- Reduce Vulnerability: _____
- Increase Positive Emotions: _____

Distress Tolerance:

- Accept Reality: _____
- Self-Soothe: _____
- Improve the Moment: _____

Interpersonal Effectiveness:

- Objective Effectiveness: _____
- Relationship Effectiveness: _____
- Self-Respect Effectiveness: _____

Therapeutic Strategies:

Validation:

- Accurate Reflection: _____
- Mindful Listening: _____

Behavior Chain Analysis:

- Identify Triggers: _____
- Examine Consequences: _____

Dialectical Thinking:

- Synthesize Opposites: _____
- Resolve Dilemmas: _____

Mindfulness Exercises:

- Breathing Meditation: _____
- Body Scan: _____
- Five Senses Exercise: _____

Emotion Regulation Techniques:

- Check the Facts: _____
- Opposite Action: _____
- PLEASE Skills: _____

Interpersonal Effectiveness Tips:

- DEAR MAN: _____
- FAST: _____
- GIVE: _____

Personalization and Practice:

- Apply Skills: _____
- Practice Consistently: _____

Keep Handy as a Reference:

Keep this DBT Cheat Sheet handy as a quick reference for applying DBT principles and skills.