DBT Skills Evaluation

Skill	No knowledge to date	Some understanding of concept(s)	Full understanding of concept(s)	Sometimes able to implement	Able to implement as needed
MINDFULNESS					
1. Wise mind 3 states: emotion mind, reasonable mind, wise mind					
2. Observe: just notice					
3. Describe: put words on					
4. Participate: enter into the experience					
5. Nonjudgmental stance: just the facts					
6. One-mindfully: in-the-moment					
7. Effectiveness: focus on what works					
INTERPERSONAL EFFECTIVENESS					
8. Objective effectiveness: DEAR MAN **D**escribe, **E**xpress, **A**ssert, **R**einforce **M**indfully, **A**ct confident, **N**egotiate					
9. Relationship effectiveness: GIVE **G**entle, **I**nterested, **V**alidate, **E**asy manner					
10. Self-respect effectiveness: FAST **F**air, no **A**pologies, **S**tick to your values, be **T**ruthful					
11. Dialectics: Balancing opposites, recognizing interconnectedness, adapting to change					
EMOTION REGULATION					
12. Accumulate positives: short term & long term					
13. Build mastery					
14. Cope ahead					
15. PLEASE: to reduce emotional vulnerability Treat **P**hysical i**L**lness, balance **E**ating, **A**void substances, balance **S**leep, **E**xercise					
16. Opposite-to-emotion action: changing emotional response					
17. Check the facts: changing emotional response					
18. Problem-solve: changing emotional response					
19. Observing emotions: emotion surfing					
DISTRESS TOLERANCE					
20. STOP **S**top, **T**ake a step back, **O**bserve, **P**roceed					
21. Pros and cons					
22. TIPP **T**emperature, **I**ntense exercise, **P**rogressive muscle relaxation, **P**aced breathing					
23. Distract with ACCEPTS **A**ctivities, **C**ontributing, **C**omparisons, **E**motions, **P**ushing away, **T**houghts, **S**ensations					
24. Self-soothe: with 5 senses					
25. IMPROVE the moment **I**magery, **M**eaning, **P**rayer, **R**elaxing actions, **O**ne thing in the moment, **V**acation, **E**ncouragement					
26. Radical Acceptance Willingness, turning the mind, half smile, willing hands					

27. Observing Thoughts					