

## Dialectics –Finding balance and the middle path

**Life Vision (LV):** Focus on the life you are working towards

**Middle C's (MC):** To use a system to resolve dialectic conflicts

## Mindfulness- Recognizing Patterns

**WM- Wise Mind:** Balance emotion and reason to respond vs. react

**OBS- Observe:** Notice what flows through your senses

**DES- Describe:** Label the experience to give it meaning

**PART- Participate:** Practice your skills acting intuitively from wise mind

**NJS- Non-Judgmental Stance:** Experience without judging good or bad

**OM- One-Mindfully:** Focus attention on the present moment

**EFF- Effectively:** Act skillfully, focus on what works

**TFM- Teflon Mind:** Let distractions slip away, don't get stuck on one thing

## Interpersonal Effectiveness- Building and Improving Relationships

**DM- DEARMAN:** Communicate your needs effectively, set limits

**G- GIVE:** Use relationship building skills

**V- Validation:** Acknowledge feelings and experiences of self & others

**F- FAST:** Express your self-respect and values

**BO- Boundary:** Apply a system to set limits and boundaries in relationships

**RE- Reason:** Apply a system for shifting thoughts when needed

## Emotion Regulation- Reducing Vulnerability to Intense Emotions

**PL- PLEASE:** Maintain physical health to reduce vulnerability

**BM- Build Mastery:** Do one thing daily to feel competent and in control

**BPE- Build Positive Experience:** Seek positive events that create positive feelings

**MPE- Mindful of Positive Experiences:** Be mindful of positive events

**O2E- Opposite to Emotion:** Change emotion by acting opposite

**A2R- Attending to Relationships:** Connect with meaningful people in your life

**MM- Mood Momentum:** Notice positive moods and choose skills to keep them going

**RO- Routine:** Develop routines and schedules that help build a satisfying life

## Distress Tolerance- Tolerating in Short-term to Reduce Long-term Suffering

### Suffering

**DIST- Distract:** Focus attention away from problem (short-term):

Activities – Keep busy and involved

Contributing – Do something for others

Comparisons – See that others struggle too

Emotions - Do something that creates other emotions

Push-Away – Shelve the problem for later

Thoughts – Think about other thoughts

Sensations – Do something physically engaging/exhausting

**SS- Self-Soothe:** Please your senses to decrease distress

**ITM- Improve the Moment:** Replace negative impressions with positive ones

Imagery - Picture something relaxing and calming

Meaning- Find the silver lining during a difficult time

Prayer – Seek connection and guidance from a higher power

Relaxation – Calm the mind and body

One thing at a Time (OTAT) – Focus on one thing

Vacation – Take a break

Encouragement – Use positive self talk

**DB- Deep-Breathing:** Breathe to help body cope with distress

**P&C- Pro's and Con's:** Weigh the benefits and costs of a choice

**TTM- Turning the Mind:** Turn mind towards willingness & acceptance

**RA- Radical Acceptance:** Accepting from deep within what is reality

**WI-Willingness:** Remove barriers and do what works in a situation

**EA- Everyday Acceptance:** Accept daily inconveniences that occur in life

**US- Urge Surfing:** Riding the wave of an intense urge knowing that it will have to fall at some point if you can just sit with it without acting

**BB- Bridge Burning:** Remove the means to act on harmful urges

**TS- Thought Stopping:** Tell your mind STOP! When ruminating our thinking unhelpful thoughts

**SO- Solved:** Apply a values based system for solving a problem