

Mindfulness- Recognizing Patterns

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

OB – Observe: Just notice your experience

DE – Describe: Put words on your experience

PA – Participate: Fully enter into your experience

NJS – Nonjudgmental Stance: Do not attach strong opinions or labels to your experience

OM – One-Mindfully: Focus your attention on one thing

EF – Effectiveness: Focus on what works

Interpersonal Effectiveness- Building and Improving Relationships

F – FAST: Skills focused on your priorities, goals, and values

Fair – use NJS with yourself and others

Apologies not needed for opinions or things out of your control

Stick to values – use WM to identify and resolve values conflicts

Truth and accountability – be honest with yourself and others

G – GIVE: Skills focused on others

Genuine – be honest, sincere, respectful, and real

Interested – make efforts to connect with a person

Validate – use NJG to acknowledge others' feelings or thoughts

Easy manner – treat others with kindness and a relaxed attitude

DM – DEAR MAN: Skill focused on getting your needs and wants met, saying no, and setting boundaries

BO – Boundary: Set limits and boundaries in relationships

Emotion Regulation- Reducing Vulnerability to Intense Emotions

PL – PLEASE: Self-care skills that promote well-being

BM – Build Mastery: Do things to feel competent and in control

BPE – Build Positive Experience: Seek out events that create positive feelings

A2R – Attend to Relationships: Connect with meaningful people in your life

MM – Mood Momentum: Perform balanced behaviors to maintain positive moods

O2E – Opposite to Emotion: Do the opposite of the action a negative emotion pulls you to perform

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

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

ACCEPTS: Focus attention away from distress (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 – Shelf the problem for later

Thoughts – Think about something other than distress

Sensations – Do something physically engaging (**TIP**)

Temperature – hot or cold sensations

Intense exercise – vigorously move your body

Progressive muscle relaxation

SS – Self-Soothe: Relax yourself through the senses

ITM – Improve the Moment: Replace negative experiences with positive ones

Imagery – Relax or practice skills in your mind

Meaning- Find the “why” to tolerate 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 brief break

Encouragement – Coach yourself with positive self-talk

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

P&C – Pros and Cons: Weigh the benefits and costs of a choice

GY – Ground Yourself: Use OB & DE to come back to the here and now

TTM – Turning the Mind: Turn mind towards willingness & acceptance

RA – Radical Acceptance: Acknowledge “what is” to free yourself from suffering

EA – Everyday Acceptance: Accept daily inconveniences in life

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

US – Urge Surfing: Ride the ebbs and flows of emotions/urges without reacting

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