

<i>Directions: Place a hash mark in the box for each time you practiced a skill each week. Remember the <u>+1 Rule</u> (Julie Brown) of using one more number of skills than your level (1-5) of intense emotion.</i>	Wk 1	Wk 2	Wk 3	Wk 4	
<b>Core Mindfulness Skills (1-7)</b>					
<b>1. Wise mind.</b> Be aware of Emotion Mind, Reasonable Mind, and Wise Mind. The way out of Emotion Mind is through Reasonable Mind. Balance of Emotion Mind+ Reasonable Mind+ Intuition = Wise Mind					
<b>2. Observe.</b> Look and directly experience the situation without judgment. Just notice what is happening without trying to change it.					
<b>3. Participate.</b> Completely engage the current moment or activity. Act from Wise Mind--do just what is needed.					
<b>4. Describe.</b> <i>Put Words On Experience:</i> Express without judgment or emotion. Just the facts.					
<b>5. Non-Judgmental Stance.</b> Avoid judging yourself, situations or other people. Acknowledge without judging. Judgments often lead to anger and hostility, which brings us back to Emotion Mind.					
<b>6. One-Mindfully.</b> 1. Be Present to Your Own Experiences, 2. Rivet Yourself to Now, 3. Do Only One Thing at a Time					
<b>7. Effectively.</b> 1. Be mindful of your goal in the situation, 2. Focus on what works, 3. Play by the rules, 4. Act as skillfully as you can, 5. Let go of willfulness.					
<b>Interpersonal Effectiveness Skills (8-13)</b>					
<b>8. OBJECTIVES EFFECTIVENESS. DEAR MAN:</b> <u>D</u> escribe the event or desired outcome. <u>E</u> xpress feelings. Be <u>A</u> ssertive. <u>R</u> einforce desired responses (“It feels good to know you care.”) Be <u>M</u> indful, stay focused on goal. <u>A</u> ppear confident, even if don’t necessarily feel confident. <u>N</u> egotiate. Be prepared to bargain.					
<b>9. RELATIONSHIP EFFECTIVENESS. GIVE:</b> Be <u>G</u> entle in your approach. Be <u>I</u> nterested and listen to the other person. <u>V</u> alidate the other person’s viewpoint. Use an <u>E</u> asy manner.					
<b>10. SELF RESPECT EFFECTIVENESS: FAST:</b> Be <u>F</u> air to yourself and others. Make no <u>A</u> pologies for asking for what is rightfully yours. <u>S</u> tick to your values. Be <u>T</u> ruthful.					
<b>11. Walked the middle path; dialectics.</b> 1-Look for both sides. Ask “what am I missing?” 2-Be aware that you are connected. 3-Embrace change. Remember that change is transactional (reciprocal influence)					
<b>12. Validation.</b> 1-Pay attention. 2-Reflect back. 3-“Read minds” and invite correction. 4-Understand (even if don’t approve). 5-Acknowledge the valid. 6-Respond as equals.					
<b>13. Behavior change strategies.</b> Increase behavior with positive consequence or remove aversive. Weaken beh with remove reinforcer or provide relief before prob. beh. Suppress beh with aversive or remove pos. consequence.					

<b>Emotion Regulation Skills (14-21)</b>					
<b>14. Checked the facts.</b> Test interpretations & assumptions, assess probability of threat and other outcomes, imagine coping with catastrophe, ask “Does my emotion (& intensity) fit the actual facts?” Ask Wise Mind.					
<b>15. Opposite-To-Emotion Action:</b> Be mindful of emotion urges and act contrary to them: e.g., sometimes we are angry and have the urge to throw something--try hugging something instead and move towards what you fear.					
<b>16. Problem-Solved.</b> #1 Describe problem. #2 Check the facts. #3 Identify your goal. #4 Brainstorm lots of solutions. #5 can work. #6 Put solution into action. #7 Evaluate the results.					
<b>17. Reduced Vulnerability with PLEASE:</b> Treat <u>P</u> hysical illness. Balanced <u>E</u> ating. No mood <u>A</u> ltering drugs. Balanced <u>S</u> leep. <u>E</u> xercise.					
<b>18. Accumulated Positive Experiences.</b> Short-term: Do things you enjoy leading to positive emotions. Focus on positive moments. Long-term: Build LWL with actions based on your values and specific goals.					
<b>19. Built mastery:</b> Find something you know you are good at and experience it over and over. Build on your skills.					
<b>20. Coped ahead.</b> Describe problem behavior situation. Describe coping/problem-solving skills you will use. Imagine you are now in the situation. Rehearse in your mind coping effectively. Then Practice relaxation.					
<b>21. Mindfulness of current emotion.</b> Observe your emotion. Practice mindfulness of body sensations. Remember: you are not your emotion. Practice loving and accepting your emotion.					
<b>Distress Tolerance Skills (22-31)</b>					
<b>22. Stop Skill.</b> Stop. Don’t make a move. Take a step back. Breathe. Observe your thoughts and feelings and the outside situation. Proceed mindfully. What does Wise Mind say will make it better or worse?					
<b>23. Pros And Cons:</b> Make a list of reasons <u>for</u> and the reasons <u>against tolerating</u> a crisis or distressing situation then make a list <u>for</u> and <u>against not tolerating</u> it by acting on the urge arising from the negative mood or emotion.					
<b>23. TIP Skills:</b> <u>T</u> ip the <u>T</u> emperature, <u>I</u> ntense exercise, <u>P</u> aced breathing, <u>P</u> aired muscle relaxation					
<b>25. Distracted. ACCEPTS:</b> Exercise focusing your attention on something other than the emotion. Distract with <u>A</u> ctivities, <u>C</u> ontributing, <u>C</u> omparison, <u>E</u> motions (different), <u>P</u> ushing away, <u>T</u> houghts, and <u>S</u> ensations.					
<b>26. Self Soothed:</b> Soothe with your five senses. <u>S</u> ight: look at something pleasing. <u>H</u> earing: listen to music. <u>T</u> ouch: take a warm bath. <u>S</u> mell: surround yourself with pleasant scents. <u>T</u> aste: eat or drink something pleasing.					

<p><b>27. Improved The Moment:</b> Do something that will improve the moment you are in. Focus on just that moment. <u>I</u>magery, <u>M</u>eaning, <u>P</u>rayer, <u>R</u>elaxation, <u>O</u>ne thing in the moment, <u>V</u>acation, <u>E</u>ncouragement.</p>					
<p><b>28. Radical Acceptance:</b> When all else fails and your situation cannot improve, accept the fact that this is the way it has to be for right now. Turn your mind back to this over and over.</p>					
<p><b>29. Half-smiling, Willing Hands.</b> Relax your face. Slightly upturn the corners of your lips. Assume a serene expression. Turn hands upward with fingers relaxed.</p>					
<p><b>30. Willingness.</b> Replace Willfulness with Willingness or doing just what is needed to engage what is.</p>					
<p><b>31. Practiced Mindfulness of Current Thoughts.</b> “The thought of ___ went through my mind.” Observe and let go.</p>					
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