

Diving
Deeper
Part I
Handouts

Mindfulness

Be Mindful	Be mindful of using my skills, engaging in self-care, having healthy fun, and connecting to my support system.
Moment to Pause	Take a quick moment to check in with myself on the inside, outside & in my interactions.
Turtling	Take care of myself like a turtle. Retreat inside for safety sometimes, go slow and methodical, protect myself but don't be aggressive, be adaptive in a variety of situations, use my hard outer shell to let other's judgments roll off my back and get myself back in balance persistently.

Distress Tolerance

Self Soothe First Aid Kit	Create a kit that is self-soothing and use it when needed.
Crisis Survival Network	Create a list people who support me and use it flexibly.
Half Smile	Find something in my day or life that I can have a genuine half smile about.

Emotional Regulation

Lemonade	Refocusing my weaknesses so that they become strengths.
Ride the Wave	Image that I am riding the wave of my emotions & impulses while not acting on them.
Opposite to Emotions	Engage in the action that will bring the opposite emotion into my awareness to balance the distressing emotion.

Interpersonal Effectiveness

Broken Record	Be a broken record with myself. Keep coming back to my needs.
Repairs	I can apologize, accept apologies and let some things go to be skillful in relationships.
Horsemen of the Apocalypse	Identify the most destructive things that I bring into my relationships. Be skillful to keep these things out of my relationships.

Distress Tolerance Skills

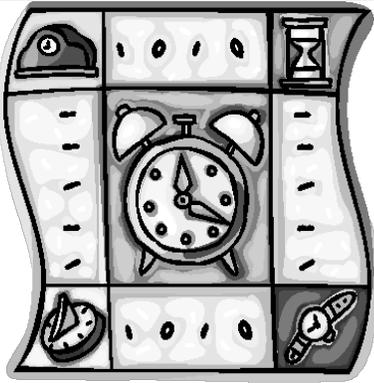
Self-Soothe Kit

You can think of this skill as “1st Aid Kit” or “tool kit.” Use this skill to make a kit that is self-soothing. This can be a box of stuff, an envelope that can be kept in a wallet or purse, or files on an mp3 player or laptop. Things that you may want to put in the kit are pictures of friends, family members, pets, or special places; a favorite song or book; craft supplies, sports equipment, etc. The things that you have in your kit should only be helpful, not hurtful in any way. Once you have created your kit, you can use it when you are feeling stress, something goes wrong, or you have any impulse to act in problematic ways.

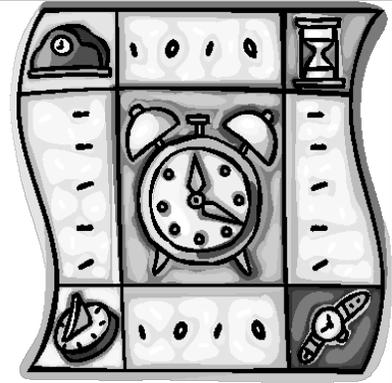
Items for my “Self-Soothe 1st Aid” or “Self-Soothe Tool Kit” are:



Ways I will use my “Self-Soothe 1st Aid” or “Self-Soothe Tool Kit” are:



Moment to Pause



This skill is about taking a “Moment to Pause” and check in with yourself both on the inside and the outside. By checking in with yourself on the inside and the outside, you can be responsive to what is going on and act in your own best interest.

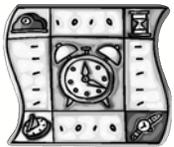
You may feel like taking a “Moment to Pause” will take a lot of effort and really slow you down; however, once you learn this skill, you can do it in 1 to 2 seconds.

One way to take a “Moment to Pause” is to take a deep breath, notice thoughts, feelings, and impulses. Then take another deep breath to consider what is going on around you including interactions with others. Once you consider both of these things, you can decide what you want to do and say. You realize that you can act in a way that is most useful or effective.

Another way to accomplish the “Moment to Pause” is to count to 3 while noticing what is going on inside you. Next count to 4 or 6 while checking in on the outside. Last, decide what to say and what to do that will be most effective. Take a moment to practice this skill now.

Your assignment is take a “Moment to Pause” 3 times a day for the next week. Problem solve any difficulties. Consider how this skill is useful to you. Learn to do it more and more often. Using the “Moment to Pause” skill empowers you to be responsive instead of reactive in life.

Moment to Pause

Day	Record "Moment to Pause" experience 3x's daily Include any difficulties and helpfulness of the experience
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Turtling

Turtles use a variety of strategies to take care of themselves.

They withdraw inside themselves and re-emerge cautiously

They protect themselves through snapping and biting

They are adaptive by living in water and on land

Let things roll off their hard outer shell

Move slowly and intentionally

Persistently self-righting



When turtles are self-righting, they will use any support they can find to flip themselves over when life has turned them upside down.

Ways I will use a variety of “Turtling” strategies to take care of myself and be effective in my life:

Be Mindful

“Be Mindful” is about being aware of and paying attention to what is going on with you and in your life. You can be mindful of using a skill, engaging in self-care, having effective interactions, or other things.

It would be useful for me to “Be Mindful” of:

1. _____

2. _____

3. _____

Remember to do these one thing at time.

Ways that I can “Be Mindful” of these:



Crisis Survival Network

Most people in life can benefit from having a “Crisis Survival Network” (CSN). This is a list of people who support you in the middle of a crisis or a problem. Compile a list of people and their contact information so that you can connect with them as needed. One suggestion is to have a variety of people on your list such as family, friends, coworkers, peer counselors, sponsors, mentors, acquaintances, teachers, and others. Another suggestion is to use the list flexibly. Don’t just get in touch with the same person over and over again. Use everyone on the list a little bit and in different ways. A third suggestion is to be reciprocal when you can. Support the people on your CSN when possible.

My CSN includes these people and their contact info:



I will use my CSN when:

Distress Tolerance Skills

Crisis Survival Network

When I am having a bad day, having a difficult time, or feel an urge to act problematically:

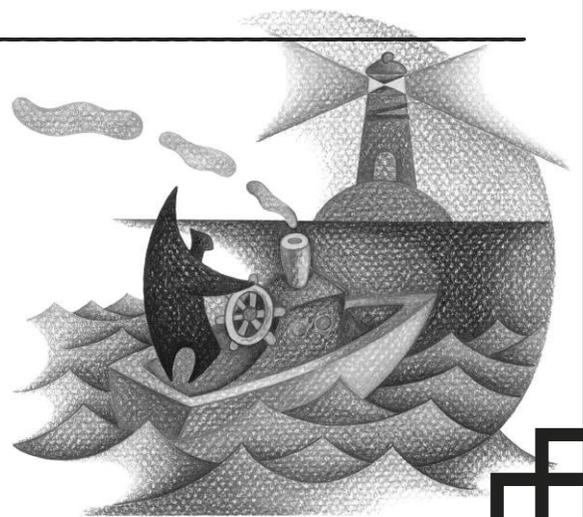
Support meetings I can attend:

Support I can access on the Internet:

Supportive people I can call or visit:

Activities I can do:

Skills I can use:



Distress Tolerance Skills

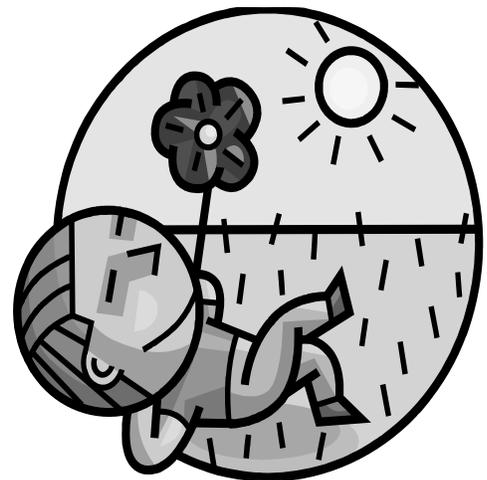
Half Smile

Even in the middle of a difficult situation or stress, you can probably find something to be a little bit happy about or something that is enjoyable. Like many of the DBT skills, this one is about having balance. When things are hard, think of things that are easy. When you don't get what you want remember a time when you did. When you are in pain imagine also being relaxed.

This skill is about finding at least one little thing to have a small and genuine smile about. It could be something in the past, something happening right now, or even something in the future. You hold this small "Half Smile" with the stress and difficulty you are currently experiencing.

By having a small genuine "Half Smile" on your face, you are less tense in your face, neck, and shoulders. You may also find that people treat you differently and that you interact with others differently when you have a "Half Smile" on your face.

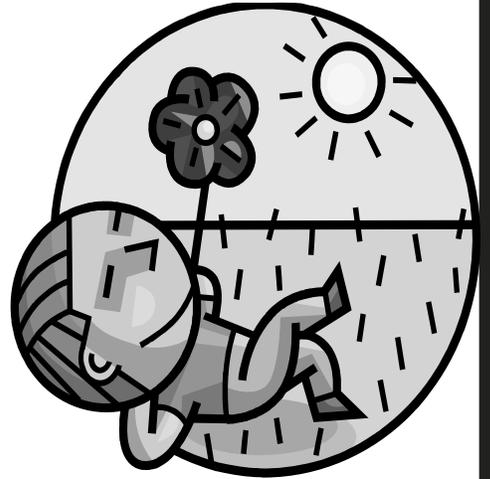
Things that I can have a genuine "Half Smile" about:



Distress Tolerance Skills

Half Smile

Barriers and obstacles to using the “Half Smile” skill effectively:



Strategies to overcome the barriers and obstacles:

Ways I will use “Half Smile” effectively on a regular basis:

Lemonade

This skill requires you to make “Lemonade” out of lemons. You can take a weakness in your life and turn it into a strength which empowers you to be more effective in your life.

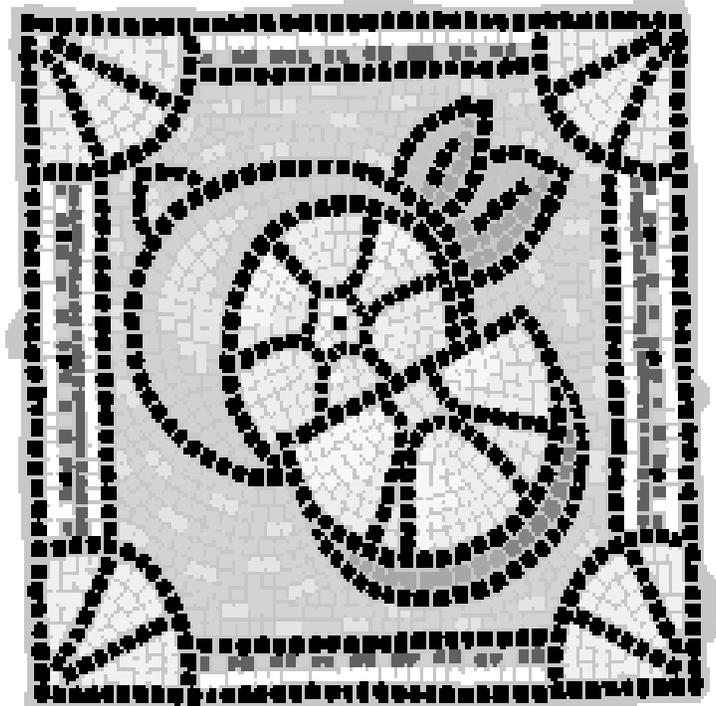
An example of a lemon would be being in a lot of pain. Making that into “Lemonade” would be using the ability to tolerate pain to work hard in therapy.

Another example of a lemon would be being mistreated or traumatized. Making that into “Lemonade” would be surviving and then using your success with surviving to help others.

One more example would be a lemon of criminal behavior. Making that into “Lemonade” would be turning that into success in business.

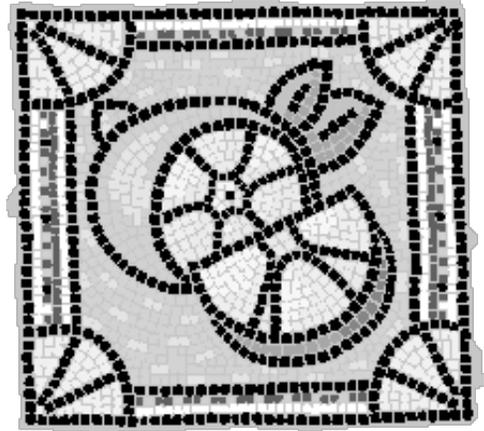
Some movies containing examples of “Lemonade” are:

- Catch Me if You Can
- Forrest Gump
- North Country
- Shrek
- Beautiful Mind
- Pursuit of Happyness
- Happy Feet
- Freedom Writers
- Beautiful Mind
- Norma Rae
- Ray
- Other Examples?



Lemonade

Turning your weaknesses into strengths is the skill of turning lemons into "Lemonade."



Ways I have made "Lemonade" in the past:

Some of my current lemons are:

Strategies for making my lemons into "Lemonade" are:

Ride the Wave



This skill is about learning that our emotions and impulses are always with us, just like the tides. They come and go. They are strong at times and weak at other times. The tides create waves, just like your emotions. Use this skill to harness the energy of your emotions to “Ride the Wave.” By being mindfully aware of your emotions, but not acting on them, you can take the energy of the emotion and redirect it in a more effective manner.

○ Ways that I get knocked down and washed over by my emotions:

○ Ways I can keep my balance to “Ride the Wave” of my emotions:

○ Riding the wave of my emotions will be useful to me because:

Opposite to Emotion



This skill is designed to help you reduce the intensity of problematic emotions by engaging in behaviors that bring about the opposite emotion.

1. The emotion that I am choosing to make less problematic is:

2. The opposite to this problematic emotions is:

3. Thoughts, actions, and behaviors that bring the opposite emotion into my awareness:

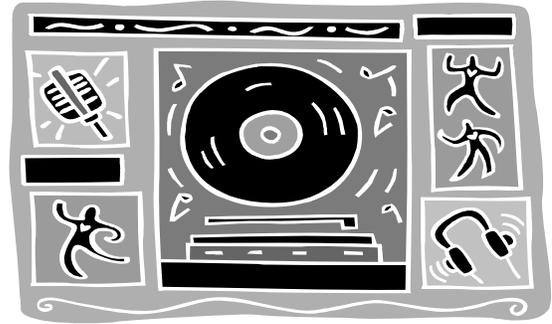
4. Ways I can engage in these thoughts, actions, and behaviors on any given day, in any given situation:

Interpersonal Effectiveness Skills

Broken Record

This skill is about being a “Broken Record” with your self.

Keep coming back to myself.
Keep coming back to my needs.
Keep coming back to my values.
Keep coming back to my self-care.
Keep coming back to who I want to be.



Keep coming back to what I want my life to be like.
Keep coming back to my commitment to having healthy relationships.

The most important things for me to keep coming back to are:

Barriers and obstacles I may encounter to being a “Broken Record”:

Strategies I can use to overcome these barriers and obstacles:

Ways I can be a “Broken Record” in my life:

Interpersonal Effectiveness Skills

Repairs



Ways that apologizing is hard from me:

Strategies that I can use to improve my ability to apologize:

Ways that it is difficult for me to accept apologies from others:

Strategies that I can use to improve my ability to accept apologies:

Ways that it is hard for me to let go:

Strategies that I can use to improve my ability to let go:

Interpersonal Effectiveness Skills

4 Horsemen of the Apocalypse

This skill involves identifying the 4 destructive forces each person brings into relationships. Horsemen are things that cause stress and damage relationships. Below are examples of horsemen that both youth and adults may bring to their relationships:

Youth	Adults
<ul style="list-style-type: none">• Not communicating• Withdrawal• Dishonesty• Not going to school• Playing video games• Bullying• Violence• Drugs and alcohol• Delinquency	<ul style="list-style-type: none">• Dishonesty• Not taking mental health meds• Out-of-control spending• Credit card debt• Workaholism• Drugs and alcohol• Compulsive or Addictive Behaviors• Violence• Infidelity

One important rule with the “4 Horsemen” is that each person is responsible for their own horsemen. Pointing out others’ horsemen is provocative and potentially argumentative. It is more effective for each person to focus on his or her own horsemen.



Interpersonal Effectiveness Skills



My Horsemen

The most destructive forces that I am at risk of bringing into my relationships are:

Ways I can identify when these forces have snuck in:

Strategies that I can use to keep these forces out of my relationships:

Strategies to reduce or eliminate these horsemen in my life to benefit me and my relationships:





ENHANCING MOTIVATION FOR CHANGE

<p>Pre-contemplation The client may be in denial and/or completely unaware of any problem or difficulty.</p>	<ul style="list-style-type: none"> ➤ Normalize ambivalence ➤ Raise awareness that a problem exists ➤ Increase the perception of risks or other problems
<p>Contemplation The client acknowledges concerns and is considering the possibility of change, but is ambivalent and uncertain</p>	<ul style="list-style-type: none"> ➤ Normalize ambivalence ➤ Tip the decisional balance scales toward change by: ➤ Eliciting and weighing pros and cons of problem behavior & change ➤ Changing extrinsic to intrinsic motivation ➤ Examining the client's personal values in relation to change ➤ Emphasizing the client's free choice, responsibility, and self-efficacy for change ➤ Elicit self-motivational statements of intent and commitment from the client.
<p>Preparation The client is committed to and planning to make a change in the near future, but is still considering what to do.</p>	<ul style="list-style-type: none"> ➤ Clarify the client's own goals and strategies for change ➤ Offer a menu of options for change or treatment ➤ With permission, offer expertise and advice ➤ Negotiate a change or treatment plan and behavior contract ➤ Consider and lower barriers to change ➤ Help client enlist social support ➤ Explore treatment expectancies and client role ➤ Have client publicly announce plans to change
<p>Action The client is actively taking steps to change but has not yet reached a stable state.</p>	<ul style="list-style-type: none"> ➤ Engage client & reinforce the importance of change ➤ Support realistic view of change through small steps ➤ Acknowledge difficulties for client in early stages of change ➤ Help client identify high-risk situations through a functional analysis and develop appropriate coping strategies to overcome these ➤ Assist client in finding new reinforces of positive change ➤ Make certain client has strong family and social support
<p>Maintenance The client has achieved initial goals such as abstinence and is now working to maintain gains.</p>	<ul style="list-style-type: none"> ➤ Help client identify and sample sources of pleasure & fun of new behavior ➤ Support lifestyle changes ➤ Affirm client's resolve and self-efficacy ➤ Help client practice and use new coping strategies to avoid relapse or return to old behavior ➤ Maintain supportive contract
<p>Relapse The client has experienced a recurrence of symptoms and must now cope with consequences and decide what to do next.</p>	<ul style="list-style-type: none"> ➤ Help the client to re-enter the change cycle and commend any willingness to reconsider positive change ➤ Explore the meaning and reality of the relapse as a learning opportunity ➤ Assist the client in finding alternative coping strategies ➤ Maintain support contact

IDENTIFY THE STAGE OF CHANGE

1. Dave is 43-year-old Latino male who was sent to treatment by drug court. He was in possession of meth. He has struggled with addiction most of his adult life. He had 18 months of recovery until he relapsed a year ago, when he was laid off from a manufacturing plant. He used a 12-step program and connected to his church to achieve this recovery. He feels he needs something more to make it work this time. He believes that this is his last chance, and that if he doesn't figure this out correctly he will die from his addiction.

SOC: _____

Inteventions: _____

DBT Skills: _____

2. 17-year-old African-American female named April comes to see you. She states that her grades have dropped and that she can't sleep since her boyfriend broke up with her a couple of weeks ago. She has been drinking malt liquor to numb her pain and get some rest. She has smoked crack a couple of times, which "scared the hell" out of her. She might be pregnant. Her parents don't know anything about this. She is scared and wants help. She has a 3.8 GPA and full scholarship to U of O.

SOC: _____

Inteventions: _____

DBT Skills: _____

3. Brian is a 28-year-old gay white man who is enrolled in outpatient treatment. He reports that this is his second or third treatment episode since turning 18, in addition to "a couple" of treatment episodes when he was a teenager. He states his drug of choice is meth, but he also reports using marijuana and alcohol 5-7 days a week. Brian has been using at this level for the last 6-8 months. He states that he enjoys getting high and that it helps him to be productive at work. He also states that it intensifies his sexual pleasure. He hasn't used in more than 2 weeks.

SOC: _____

Inteventions: _____

DBT Skills: _____

4. Jake is a 15-year-old white male. He has been sent to see you because he had marijuana and meth in his locker at school. He has poor attendance and a lack of interest in his usual activities. All he seems to do is sleep, play video games and listen to loud music. His parents don't know what to do with him. He states this is no big deal. Everyone he knows does lots of drugs. He states that he was just holding for a friend.

SOC: _____

Inteventions: _____

DBT Skills: _____

Diary Card

<i>DBT Skills</i>	<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>	<i>Total</i>
Mindfulness								
Distress Tolerance								
Emotion Regulation								
Interpersonal Effectiveness								

Comments:

Diary Card

<i>DBT Skills</i>	<i># Days</i>	<i>How did you use the skill?</i>
Be Mindful		
Moment to Pause		
Turtling		
Wise Mind		
Effectively		
Nonjudgmental		
Half Smile		
Crisis Survival Network		
Self-Soothe Kit		
Radical Acceptance		
MEDDSS		
Lemonade		
Ride the Wave		
Opposite to Emotion		
Broken Record		
Repairs		
4 Horsemen of the Apocalypse		
GIVE		
FAST		
DEAR SELF		

Mindfulness Skills						
Be Mindful	Be mindful of using my skills, engaging in self-care, having healthy fun, and connecting to my support system.					
Moment to Pause	Take a quick moment to check in with myself on the inside, outside, & in my interactions.					
Turtling	Use a variety of strategies to take care of myself just like turtles do.					
Wise Mind	Balancing rational mind and emotional mind to be as skillful as I can be.					
Effectively	Be as effective as I can in my life.					
Nonjudgmental	Suspend evaluations about myself and others.					
Distress Tolerance Skills						
Self-Soothe Kit	Create a kit that is self-soothing and use it when needed.					
Crisis Survival Network	Create a list people who support me and use it flexibly.					
Half Smile	Find something in my day or life that I can have a genuine half smile about.					
Radical Acceptance	Focus on what I have control of: My thoughts, feelings, impulses and behaviors. Let go of things I can't control: others & the world around me.					
Emotion Regulation Skills						
Lemonade	Refocusing my weaknesses so that they become strengths.					
Ride the Wave	Image that I am riding the wave of my emotions & impulses while not acting on them.					
Opposite to Emotions	Engage in the action that will bring the opposite emotion into my awareness to balance the distressing emotion.					
MEDDSS	Mastery	Exercise	Diet	Drugs (Medication)	Sleep	Spirituality
Interpersonal Effectiveness Skills						
Broken Record	Be a broken record with myself. Keep coming back to my needs.					
Repairs	I can apologize, accept apologies and let some things go to be skillful in my relationships.					
4 Horsemen of the Apocalypse	Identify the most destructive things that I bring into my relationships. Be skillful to keep these things out of my relationships.					
GIVE	Be G entle, I nterested & V alidating, & have an E asy Manner with others.					
FAST	Be F air to myself, A pologize less, S tick to my values, & be T ruthful with self					
DEAR SELF	Describe what I want, be E ncouraging, A sk, & R einforce others. Sometimes tolerating not getting my way, E xperiencing the present moment mindfully, inside and outside my body, L istening skillfully to myself and others, F inding negotiation opportunities					

Simple Chain Analysis

What problem behavior am I analyzing?

Let's look at the chain of events that resulted in the problem behavior.



Vulnerability Link: In what ways was I vulnerable?

May be internal, such as thoughts, judgments, feelings, and/or impulses.

May be environmental, such as events, person, places, and/or situations.

May be interpersonal, such as difficult interactions with family and/or friends.

Triggers Link: What were the internal, environmental, and interpersonal triggers?

May be my actions, thoughts, feelings, impulses, events, people, or places.

Problem Behavior Link: What was the problem behavior and any related behaviors?

These are behavioral expressions that are problematic, harmful, or destructive.

Solution Opportunities

Now it is time to explore each link to come up with more effective response strategies.

Vulnerability Link: _____

Solution #1: _____

Solution #2: _____

Solution #3: _____

Triggers Link: _____

Solution #1: _____

Solution #2: _____

Solution #3: _____

Problem Behavior Link: _____

Solution #1: _____

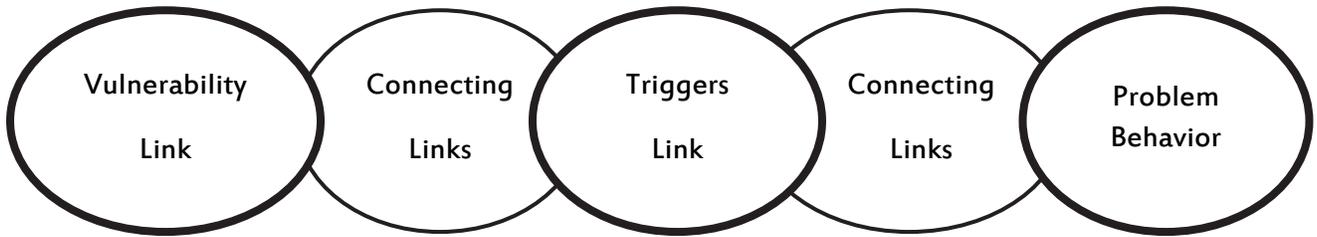
Solution #2: _____

Solution #3: _____

In-Depth Chain Analysis

What problem behavior am I analyzing?

Let's look at the chain of events that resulted in the problem behavior.



Vulnerability Link: In what ways was I vulnerable?

May be internal, such as thoughts, judgments, feelings, and/or impulses.

May be environmental, such as events, person, places, and/or situations.

May be interpersonal, such as difficult interactions with family and/or friends.

Connecting Links: What connected my vulnerability and triggers?

May be my actions, thoughts, feelings, impulses, events, people, or places.

In-Depth Chain Analysis, Part II

Triggers Link: What were the internal, environmental, and interpersonal triggers?
May be my actions, thoughts, feelings, impulses, events, people, or places.

Connecting Links: What connected my triggers with the problem behavior?
May be my actions, thoughts, feelings, impulses, events, people, or places.

Problem Behavior Link: What was the problem behavior and any related behaviors?
These are behavioral expressions that are problematic, harmful, or destructive.