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|-----------------------------|--|--|--|--|--|--|--|--|---|
| Core Mindfulness | | | | | | | | | Describe: Put experiences into words. Describe to yourself what is happening. |
| | | | | | | | | | Effectiveness: Focus on what works. Learn the rules. Play by the rules. Act skilfully. Let go of vengeance and useless anger. |
| | | | | | | | | | Middle Path: Walking the middle path, finding the synthesis between opposites. |
| | | | | | | | | | Nonjudgmental Stance: See but don't evaluate. Unglue your opinions. Accept each moment. |
| | | | | | | | | | Observe: Just notice the experience. "Teflon mind." Control your attention. Smell the roses. Experience what is happening. |
| | | | | | | | | | One-mindfully: Be in-the-moment. Do one thing at a time. Let go of distractions. Concentrate your mind on the task at hand. |
| | | | | | | | | | Participate: Enter into the experience. Act intuitively from wise mind. Practice changing the harmful and accepting yourself. |
| | | | | | | | | | Wise Mind: Access wisdom. Know truth. Be centred and calm. Balanced Emotional Mind and Reasonable Mind. Meditate. |
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| Interpersonal Effectiveness | | | | | | | | | Accurate Expression: Describe your emotions, thoughts, wants and desires without interpretation or judgement. |
| | | | | | | | | | Challenging Myths and Beliefs: Dispute the thoughts and beliefs that reduce interpersonal effectiveness. |
| | | | | | | | | | Objective Effectiveness: DEAR MAN: Describe. Express. Assert. Reinforce. Mindful. Appear confident. Negotiate. |
| | | | | | | | | | Options for Intensity: Determining how strongly to ask for or say no to something. |
| | | | | | | | | | Prioritizing: Ranking the importance of your objective, the relationship, and self-respect. |
| | | | | | | | | | Relational Mindfulness: Paying attention to others in your life, non-judgementally, one-mindfully and effectively. |
| | | | | | | | | | Relationship Effectiveness: GIVE: Gentle. Interested. Validation. Easy manner. |
| | | | | | | | | | Self-respect Effectiveness: FAST: Fair. No Apologies. Stick to values. Be Truthful. Cheerleading. |
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| Emotion Regulation | | | | | | | | | Acquire Positives in the Long Term: Making choices that match morals and values. |
| | | | | | | | | | Acquire Positives in the Short Term: Doing pleasurable things that you can do now. |
| | | | | | | | | | Build Mastery: Try to do one (hard or challenging) thing a day to make yourself feel competent and in control. |
| | | | | | | | | | Checking the Facts: Identify the facts of the situation. Rather than thoughts, interpretations, or beliefs. |
| | | | | | | | | | Cope Ahead: Imagine how you would skilfully cope with a situation before you are in it. |
| | | | | | | | | | Identifying Primary Emotions: Use the model of emotions to identify your primary emotions. |
| | | | | | | | | | Letting go of Emotional Suffering: Attending to emotional experiences. |
| | | | | | | | | | Managing Extreme Emotions: Crisis survival skills. Mindfulness of current emotions. Apply emotion regulation skills. |
| | | | | | | | | | Opposite-to-Emotion Action: Change emotions by acting opposite to the current emotion (when it isn't justified). Approach rather than avoid. |
| | | | | | | | | | PLEASE: Reduce vulnerability. Treat Physical illness. Balance Eating. Avoid drugs. Balance Sleep. Exercise daily. |
| | | | | | | | | | Problem Solving: Identify the problem. Check the facts. Identify your goal. Brainstorm solutions. Evaluate solutions, and put a solution into action. |
| | | | | | | | | | Ride the Wave: Allow the emotion to ride through you like a wave. |
| | | | | | | | | | Troubleshooting Emotion Regulation: Steps to follow when changing your emotion doesn't work. |
| Distress Tolerance | | | | | | | | | Alternate Rebellion: A way to rebel against authority and the boredom of not breaking rules, replaces destructive rebellion and keeps you on a path to your goals. |
| | | | | | | | | | Awareness Exercises: Focus attention on allowing yourself to tolerate distress. |
| | | | | | | | | | Distract: Wise mind ACCEPTS Activities. Contributing. Comparisons. Emotions. Pushing away thoughts. Sensations. |
| | | | | | | | | | Half-Smile: If you can't change your feelings, change your face. Create posture of acceptance, willingness, and openness to experience. |
| | | | | | | | | | IMPROVE: The moment: Imagery. Meaning. Prayer. Relaxation. One thing in the moment. Vacation. Encouragement. |
| | | | | | | | | | Observing your Breath: Breathing to centre yourself. |
| | | | | | | | | | Pros and Cons: Think about the +/- aspects of tolerating distress and the +/- aspects of not tolerating distress (engaging in impulsive behaviour). |
| | | | | | | | | | Radical Acceptance: Choose to recognize and accept reality. Freedom from suffering = acceptance of facts from deep within / not approval. |
| | | | | | | | | | Self Soothe: With the 5 senses. Enjoy sights, sounds, smells, tastes and touch. Be mindful of soothing sensations. |
| | | | | | | | | | STOP: Stop. Take a step back. Observe. Proceed Mindfully. |
| | | | | | | | | | TIPP: Temperature. Intense exercise. Progressive muscle relaxation. Paced breathing. |
| | | | | | | | | | Turning the Mind: Choosing over and over again to accept even though emotion mind wants to reject reality. |
| | | | | | | | | | Urge Surf: When triggered choose to ride out the urge using positive coping skills. |
| | | | | | | | | | Willingness: Doing what is needed in each situation. |
| | | | | | | | | | Validation: Self or others |

1 - Realised afterwards that I could have used skill 2 - Thought about skill but chose not to use it 3 - Realized afterwards that I did use skill
4 - Realized afterwards that I was using skill ineffectively 5 - Mindfully tried to use skill but wasn't effective 6 - Mindfully used skill effectively