

DBT Coping Skills

Crisis Survival Strategies:

Distraction: *Taking your mind off your worries*

Examples: activities, socializing with peers, comparing yourself with those less fortunate

Self-Soothing: *Taking care of yourself by soothing the five senses*

Examples: having a tasty snack or soda, paying special attention to landscape pictures, using your favorite lotion or perfume, putting on "comfy" clothes, listening to soothing music

Improve the Moment: *Replacing negative events that are happening with positive ones*

Examples: closing your eyes and imagining a safe place, saying a prayer, relaxation

Radical Acceptance: *Recognizing and accepting things that you cannot change*

Examples: accepting that you cannot change your past, accepting that you need help right now

Improving Day-To-Day Coping

Wise Mind: *Paying attention to your inner Wise Mind instead of your Emotional Mind*

Example: listening to your Wise Mind when it tells you to talk to a staff member instead of hurting yourself

Observe and Describe: *Observing and describing emotions, rather than acting on them*

Examples: "watching" a sudden feeling of anger and letting it pass instead of lashing out, finding words/images to express the feeling

Non-Judgmental Approach: *Avoiding judgments toward yourself and others*

Example: instead of being angry at yourself or others for something that happened, figure out how you can cope with the situation next time and not personalize it

Effectiveness: *Doing just what will help you reach your goals*

Example: "going with the program" in the hospital even if you think it is not fair

Mindfulness: *Staying centered and doing one thing at a time with full attention*

Examples: "mindfully" cleaning your room area, focusing on each step when you are feeling really dissociative or overwhelmed

Acting Opposite to the Emotion: *Acting contrary to the emotion to reduce it*

Examples: getting up and activating when you are depressed, facing a situation that makes you nervous, walking away when you are angry, participating in groups when feeling dissociative