

# DBT Concepts

DBT = DIALECTICAL BEHAVIOURAL THERAPY



## 4 SOLUTIONS TO ANY PROBLEM

1. Change the situation (solve the problem).
2. Change emotions/perspective on the problem.
3. Tolerate emotions about the problem.
4. Stay miserable.



## MINDFULNESS WHAT/HOW SKILLS

WHAT to do to be mindful...

- Observe/notice whatever is present
- Describe/label what you notice, acknowledge it
- Proceed wisely, mindfully, moment to moment

HOW to do to be mindful...

- Non-judgementally - try to be objective, curious
- One-mindfully - pay attention to just one thing
- Effectively - set an intention and define the space



## RADICAL ACCEPTANCE

- Observe that you are questioning/fighting reality
- Remember, even unpleasant realities need to be accepted
- Remind yourself of the reasons for this reality
- Practice accepting with the whole self (mindfulness)



DI-A-LEC-TIC: /di/lektik

- a. The art of investigating/discussing the truth of opinions.
- b. The acknowledgement that two or more perceived opposites can be simultaneously true.



## WISE MIND

Use mindfulness WHAT/HOW skills to activate Wise Mind. Check by asking... how will I feel about this an hour from now, a day from now, a week from now, a month from now, a year from now.

REASONABLE MIND

- Rational
- Logical
- Task-oriented
- “Cold”
- Left-brained

WISE MIND

- Intuitive
- Balanced
- Reason + Emotion
- Short + long term

EMOTIONAL MIND

- Creative
- Connection
- Impulsive
- “Hot”
- Right-brained

- Use a pros/cons list to help accept
- Practice opposite action
- Plan coping strategies ahead of time
- Allow for grief/sadness/disappointment
- Keep building a life worth living

# DBT Skills

DBT = DIALECTICAL BEHAVIOURAL THERAPY

## ACCEPTS

distraction skills

- A** ctivities
- C** ontributing
- C** omparisons
- E** motions
- P** ushing Away
- T** houghts
- S** ensations



## SELF SOOTHING

What could you...

- Look at (Sight)
- Listen to (Sound)
- Smell
- Taste
- Touch

...to feel better?



## URGE/EMOTION SURFING

tolerate emotion

- Notice the sensation of the emotion/urge...
- Observe how it feels in your body...
- Notice corresponding thoughts...
- Notice the intensity of the emotion/urge...
- Stay with the experience until it peaks...
- Breathe and relax around the sensations...
- Notice the sensations diminish with time...
- Notice you can, and did, handle it.



## TIP

Change your body  
Chemistry

- T** = tip the temperature
- I** = intense exercise
- P** = paced breathing +  
paired muscle relaxation



## STOP

- S** top
- T** ake a breath
- O** bserve the situation
- P** roceed mindfully  
... with Wise Mind.



## OPPOSITE TO EMOTION ACTION

change ineffective behaviours

**STEP 1** - Identify the emotion

**STEP 2** - Validate/understand the emotion

**STEP 3** - Check the facts:

- Does the emotion fit the facts?
- Whether it fits the facts, or not, does it make sense to act based on the emotion?

**STEP 4** - Proceed mindfully:

- If it **DOES** make sense to act in line with emotion > problem solve and proceed
- If it **DOES NOT** make sense to act in line with emotion > act the opposite

Remember, this is about changing behaviours, not emotions. Emotions change **AFTERWARD**.