Core Mindfulness	**Wise Mind**

	What Skills
	    Observe: just notice (urge surfing)
	    Describe: put words on
	    Participate: enter into the experience

	How Skills
	    One mindfully: in the moment
	    Non-judgmentally: just the facts
	    Effectively: focus on what work

Interpersonal Effectiveness	**Prioritize** among interpersonal goals
	Consider **options for intensity**: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect
	Saying "no" & observing limits

	3 goals of interpersonal effectiveness
	    Objectives effectiveness: **DEAR MAN** (Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating)
	    Relationship Effectiveness: **GIVE** (Gentle, Interested, Validating, Easy manner
	    Self-respect Effectiveness: **FAST** (**F**air, no **A**pologies, **S**tick to values, **T**ruthful)

Emotional regulation	Model of emotions
	Function of emotion

	PLEASE Master:
	    Take care of **P**hysical i**L**lness
	    Balanced **E**ating
	    Avoid alcohol / mood altering drugs
	    Balanced **S**leeping
	    Balanced **E**xercise
	    Build **MASTER**y

	Increase positive emotions
	Experience my emotion as a wave
	Opposite Action
	Practice loving my emotions
Distress Tolerance	**Distract** Skills Wise Mind **ACCEPTS**: **A**ctivities, **C**ontribution, **C**omparison / Count blessings, **E**motions, **P**ushing away **T**houghts & **S**ensations
	Self-soothe with 5 senses
	IMPROVE the Moment: **I**magery, **M**eaning, **P**rayer, **R**elaxation, **O**ne thing in the moment, **V**acation, **E**ncouragement --
	Pros / cons
	Observe the breath
	Half-smile
	Radical acceptance, willingness, turning the mind
DBT-S	Building Structure – Work
	Building Structure – Love
	Building Structure – Time
	Building Structure – Place

Important phone numbers

Things I need to monitor:
Is this a problem **NOW**?
Is it **MY** problem?
Can I solve this problem now?
Is there a Cognitive Distortion happening?
Should I give the Benefit of the Doubt?
Is opposite action appropriate?
BREATHE

Safe places: Bookstores, driving,

Cognitive Distortions
All Or Nothing Thinking: black and white categories.
Over Generalization: You see a single negative event as a never-ending pattern.
Mental Filter: You pick out a single negative detail and dwell on it exclusively.
Disqualifying the Positive: By rejecting positive experiences because they "don't count," you maintain a negative belief despite your everyday experiences.
Jumping to Conclusions: A negative interpretation even though there are no definite facts that convincingly support your conclusion.
Mind Reading: You arbitrarily conclude that somebody is reacting negatively to you, and you don't bother to check this out.
The Fortuneteller Error: Anticipating that things will turn out badly, convinced that your prediction is an already established fact.
Magnification/Minimization: To exaggerate or inappropriately shrink the importance of things until they appear tiny/huge. AKA the "binocular trick."
Emotional Reasoning: Assuming that my negative emotions necessarily reflect the way things really are: "I feel it, therefore, it must be true."
"Should" Statements: Attempt to motivate myself with should & shouldn't; must & ought. The emotional consequence is guilt. When I direct "should" statements towards others, I feel anger, frustration and resentment.
Judging: An extreme form of over generalization, describing an event with language that is highly colored and emotionally loaded.