

# VALIDATION

*Validation communicates to another person that his or her feelings, thoughts and actions make sense and are understandable to you in a particular situation. It is describing instead of judging.*

Remember: Validation ≠ Agreement

Validation *does not* necessarily mean that you like or agree with what the other person is doing, saying, or feeling. It means that you understand where the other person is coming from.

**WHAT** should we validate?

- Feelings
- Thoughts
- Behaviors

**WHY** should we validate?

- It improves relationships!
- Validation can show:
  - We are listening
  - We understand
  - We are being nonjudgmental
  - We care about the relationship
  - We care about the person
  - Conflict is possible with decreased intensity

It's about being  
effective, not about  
being right!

## How to Validate Others

- PICK A GOOD TIME - LIMIT DISTRACTIONS - PAY ATTENTION - BE GENUINE

\*\*\*Don't validate something that is invalid. You can validate the emotions without validating the behaviors: "I can understand why you felt angry when your friends excluded you. I wish you hadn't chosen to then binge and purge."

## Self-Validation

*Self-validation is communicating to yourself that your feelings, thoughts, and actions make sense and are acceptable. It is describing instead of judging.*

- Signs of Invalidation:**
- telling yourself that you shouldn't feel a certain way
  - describing your thoughts, feelings or behaviors as "stupid"
  - comparing yourself to others
  - ignoring or denying how you feel

### How to Validate Yourself

1. Be kind and honest with yourself.
2. Acknowledge that this is hard work and you are doing the best you can.
3. Identify your thoughts and feelings without judgment.
4. Give yourself some space and time to think and reflect.
5. Give yourself time to decide what you want to do with your thoughts and feelings. Focus on *responding* instead of *reacting*.
6. Answer this: "If a friend was having this problem, how would I respond to them?" Practice treating yourself how you would treat someone else.
7. Notice when you make an invalidating statement. Say something to yourself like, "There goes my critical voice again," and then keep practicing self-validation. Don't invalidate yourself for being invalidating!
8. Reach out. If you are struggling to validate yourself, ask someone you trust for help.

# DIALECTICS

## What are Dialectics?

The easiest way to think about dialectics is to consider the idea of *balance*. Dialectics seeks to take what seem to be opposite and opposed opinions and find the kernel of truth in all sides.

## How do we think Dialectically?

The goal in dialectical thinking is to achieve a synthesis of oppositions, *instead of* focusing on which side of an argument is "right." Rather than thinking along the lines of **either-or**, dialectical thinking uses **both-and** approach.

## This perspective helps...

- Expand your thoughts and ways of considering life situations.
- Create alternative solutions
- Unstick standoffs and conflicts.
- Be more flexible and approachable.
- Avoid assumptions and blaming.
- Be understanding while sticking to your values

## Examples:

- You are doing the best you can, AND you need to do better, try harder, and be more motivated to change.
- You may not have created your problem AND you still need to fix it
- You are angry about your partner cheating AND still feel sad that the relationship is over

# DIALECTICS

## "How to" Guide

### Hints for Thinking and Acting Dialectically

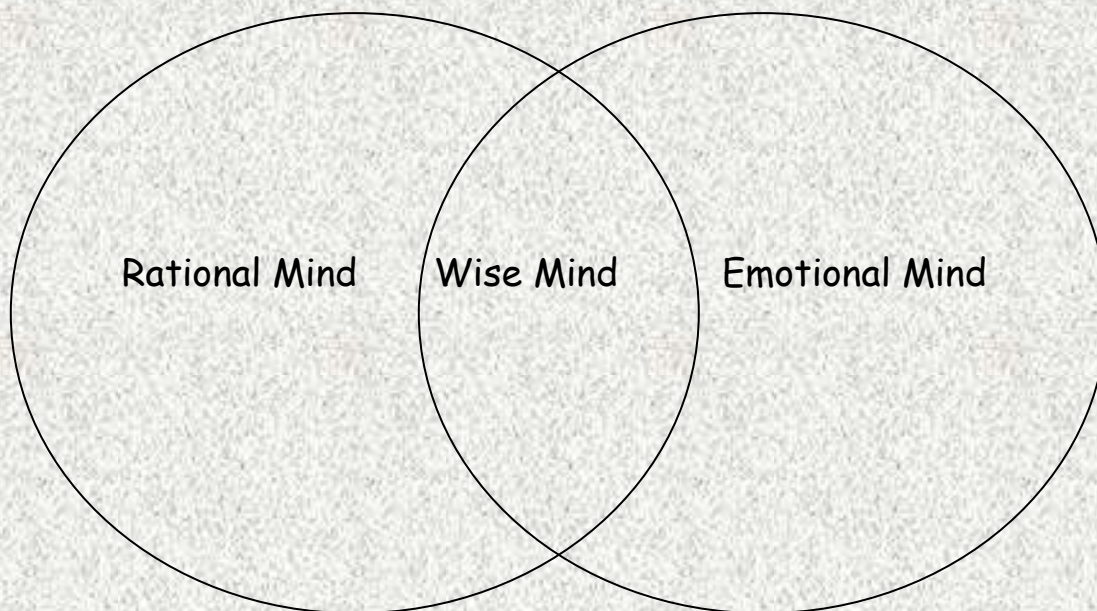
1. Move away from "either-or" thinking to "*both-and*" thinking. Avoid extreme words: "always," "never," "you make me ..." Be descriptive.

Example:

- Instead of saying "Everyone always treats me so unfairly."
  - Try "Sometimes I am treated fairly and sometimes I am treated unfairly."
  - Or "I feel I am being treated unfairly in this situation."
2. Practice looking at all sides of a situation, all points of view. Find the kernel of truth in every side.
  3. Remember: *No one* has the absolute truth. Be open to alternatives.
  4. Use "I feel ..." statements, instead of "You are ...," "You should ...," or "That's just the way it is" statements.
  5. Accept that different opinions can be valid; even if you do not agree with them ("I can see your point of view, even though I do not agree with it").
  6. Do not assume that you know what other are thinking; check your assumptions ("What did you mean when you said ...?").
  7. Do not expect others to know what you are thinking ("What I am trying to say is ...").

## States of Mind

You are most effective when you can identify your emotions AND the facts in any situation...this is called being in Wise Mind



**One way to shift into Wise Mind is to do a "Describe"**

### DESCRIBE

- *Wordful watching:* Describe what you observe with words.
- Put words on the experience - for example, "I feel sad," or "My heart is pounding."
- Describe **ONLY** what you observe, without interpretations or opinions

## Managing Extreme Emotions

Sometimes your emotional arousal level is so **high** and your reactions so **extreme** that your ability to use skills breaks down.

You can tell that you are at your personal **skills break-down point** when:

- You are completely caught in "emotion mind"
- You can not focus your mind on anything but the emotion itself
- You are so overwhelmed that your brain is not processing information
- You can not problem solve or use any complicated skills



### Managing Extreme Emotions Step-by-Step

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**Step 1: Observe and describe** that you are at your personal skills break-down point and are no longer able to be effective.

**Step 2: TIPP** your body chemistry to bring down your arousal

- **Temperature Change**  
Place **ice** pack on or splash icy water on your **cheek bones**  
Do this for at least **30 seconds while holding your breath**
- **Intense Exercise**  
If you are approved for exercise, exercise rigorously for 20 minutes
- **Progressive Relaxation**  
From your head to your toes, relax your body muscles one by one.
- **Paced Breathing**  
Breathe in for a shorter amount of time then you breathe out.  
Ex: Breathe in for the count of 4 and out for the count of 6

## Identifying When You Are Feeling Sad

### Some words people use for sad...

Depressed	Abandoned	Insecure	Lonely
Homesick	Upset	Defeated	Unhappy
Grief	Pity	Distraught	Depressed
Misery	Hurt	Disconnected	Neglected
Disappointed	Rejected	Suffering	

### Events that can trigger feeling sad...or interpreting an events as if one of these things has happened...

- Losing something or someone that is irretrievable
- Things are not the way you expected or wanted and hoped for
- Losing a relationship;
- Being separated from someone you care for or value; thinking about how much you miss someone
- Being rejected or excluded
- Not getting what you've worked for
- Being alone or isolated

### Biological Changes and Experiences of Sadness

- Feeling tired, run-down or low in energy
- Feeling lethargic, listless; wanting to stay in bed all day
- Feeling as if nothing is pleasurable anymore
- Feeling as if you can't stop crying, or feeling that if you ever start crying you will never be able to stop
- Breathlessness

### How you might act when you are feeling sad...

- Avoiding things
- Acting helpless
- Moping, brooding, or acting moody
- Making slow, shuffling movements
- Withdrawing from social contact
- Avoiding activities that used to bring pleasure
- Sitting or lying around 'being inactive
- Staying in bed all day
- Saying sad things
- Talking to someone about sadness
- Talking little or not at all
- Using a quiet, slow, or monotonous voice
- Eyes drooping
- Frowning, not smiling
- Posture slumping
- Sobbing, crying, whimpering
- Giving up and no longer trying to improve

## Identifying When You Are Feeling Angry

### Some words people use for anger...

Angry	Annoyed	Outraged	Cranky
Aggravated	Pissed	Grouchy	Upset
Agitated	Frustrated	Bitter	Irritated

### Events that can trigger feeling angry...or interpreting an events as if one of these things has happened....

- Having an important goal blocked or prevented
- Having an important or pleasurable activity interrupted, postponed, or stopped
- You or someone you care about being attacked or hurt physically or emotionally by others
- You or someone you care about being threatened with physical or emotional pain by someone or something
- You or someone you care about being insulted
- Not obtaining something you want (that another person has)

### Biological Changes and Experiences of Anger

- Muscles tightening
- Teeth clamping together, mouth tightening
- Hands clenching, rigid in your body
- Feeling your face flush or get hot
- Feeling like you are going to explode
- Feeling out of control
- Wanting to hit, bang the wall, throw something, blow up
- Wanting to hurt someone

### How you might act when you are feeling angry...

- Physically attacking the cause of your anger
- Verbally attacking the cause of your anger
- Making aggressive or threatening gestures
- Pounding, throwing things, breaking things
- Walking heavily, stomping, slamming doors
- Walking out
- Using a loud voice, yelling or screaming
- Acting quarrelsome or sarcastic
- Using obscenities or swearing
- Brooding or withdrawing from others



## Identifying When You Are Feeling Fear

### Some words people use for fear...

Scared	Hysterical	Shock	"Freaked out"
Anxious	Nervous	Tense	Worried
Frightened	Overwhelmed	Uneasy	Panic

### Events that can trigger feeling fear...or interpreting an events as if one of these things has happened....

- Having your life, your health or your well-being threatened
- Being in a similar or the same situation where you have been threatened or gotten hurt in the past, or where painful things have happened
- Flashbacks
- Being in situations where you have seen others threatened or be hurt
- Being in a new or unfamiliar situation
- Being alone (e.g. walking alone, being hoe alone, living alone)
- Being in the dark
- Being in crowds
- Having to perform in front of others (e.g. school, work)
- Pursuing your dreams
- Dating/falling in love

### Biological Changes and Experiences of Fear

- Breathlessness, fast heartbeat
- Choking sensation, lump in throat
- Muscles tensing, cramping
- Clenching teeth
- Feeling nauseous
- Feeling you hairs standing on end ("butterflies") in stomach
- Feeling nervous, jittery, or jumpy
- Wanting to run away or avoid things
- Wanting to scream or call out

### How you might act when you are feeling fear...

- Fleeing, running away
- Running or walking hurriedly
- Hiding from or avoiding what you fear
- Engaging in nervous, fearful talk
- Pleading or crying for help
- Talking less or becoming speechless
- Screaming or yelling
- Darting eyes or quickly looking around

## How To Check The Facts






Many emotions and actions are set off by our thoughts, assumptions, and interpretations of events





Examining our thoughts and checking the facts can help shift our emotions

### How to Check the Facts:

1. **Ask:** What is the event prompting my emotional reaction? 
  - Describe the facts that you observed through your senses.
  - Challenge any judgments, extremes, and absolute black-&-white descriptions
  
2. **Ask:** What are my interpretations and thoughts about the facts? 
  - Think of other possible interpretations.
  - Practice looking at all sides of a situation/all points of view
  - If possible, test your interpretations to see if they are correct
  
3. **Ask:** What about this event or situation is worrisome to me? 

Am I assuming a threat?

  - Label the threat
  - Assess the possibility that the threatening event will really occur
  - Think of as many other possible outcomes as you can.
  
4. **Ask:** What is the worst case scenario? 
  - Identify the worst possible outcome to the event or situation
  - Realistically imagine how you would cope with this worst case scenario
  
5. **Ask:** Does my emotion and emotional intensity fit the facts? 
  - Determine now whether your emotions fit the facts
  - Determine whether your emotional intensity fits the facts

## HOW TO ACT OPPOSITE TO WHAT YOUR EMOTIONS ARE "TELLING YOU" TO DO

Opposite action is acting opposite to your emotional urge



Opposite action works when

1. The emotion or the intensity or the duration of the emotion is NOT WARRANTED by the facts of the situation
2. The emotion or the intensity or the duration of the emotion is NOT EFFECTIVE for the situation.

### OPPOSITE ACTION STEP-BY-STEP

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**Step 1: Check the Facts** to be sure your emotional reaction is not warranted or is not effective for the situation.

**Step 2: Identify Action Urges** associated with your emotion.

**Step 3: Act Opposite** to your urges

**Step 4: Continue Opposite Action** until your emotion goes down at least enough for you to notice.

**Step 5: Repeat . . .** over and over, every chance you get. Keep repeating until your emotional sensitivity to that prompting event decreases.

## Figuring Out Opposite Action for Sadness

When you are feeling sad, you may want to cry, avoid, isolate, stay in bed, listen to sad music, watch sad movies, keep talking about what is making you sad over and over again, keep thinking about what is making you sad over and over again.....

### Instead you should:

1. Get **ACTIVE**; engage, don't avoid people and activities.
2. **PLAN** to do something you already know you enjoy.
3. Find a way to **LAUGH**. Watch comedy. Read jokes. Call a friend.
4. Do **ANYTHING** other than what your sadness is telling you to do.
3. Take Opposite Actions **ALL THE WAY**

\* Pay attention to the **PRESENT MOMENT!**

If you are making the effort to do something other than engage in your sad urges, you have to **PAY ATTENTION** to the activity you are choosing

Be mindful of your environment, each detail as it unfolds.

\* Change **POSTURE** and keep an **UPBEAT VOICE TONE**.

"Bright" body posture, shoulders back, head up, lift your chin, and make eye contact

\* Change **BODY CHEMISTRY**

Increase physical movement; get up and move!

Run, jog, walk, bike, stretch, swim, or do any other active movement

## Figuring Out Opposite Action for Fear

When you are feeling fear, you may want to avoid, run away from, "not do" or confront the thing that is causing you fear. If this "thing" is actually a threat to you (ie a poisonous snake), follow your action urge! However, if it is not life threatening (ie a class presentation), you need to do the that thing over, and over and over again until your fear decreases (this allows you to realize you CAN tolerate it and develop competency for this thing).

If you have something coming up that makes you feel fear, and you plan on doing it, but you still have to effectively manage your feelings until you can confront this "thing", do the following:

1. Problem solve: engage in all the steps necessary to fully prepare for this "thing"

Once you've done that, this is nothing more you can do but tolerate the time as gracefully as possible, so use distractions to tolerate your distress.

### OPPOSITE ACTIONS for FEAR

1. Do what your are afraid of doing OVER and OVER and OVER
2. APPROACH events, places, tasks, activities, people you are afraid of
3. Take Opposite Actions ALL THE WAY
  - \* Keep your EYES AND EARS OPEN and focused on the feared event.
  - \* Look around slowly, explore, and take in the information from the situation.
  - \* Change POSTURE AND KEEP A CONFIDENT VOICE TONE.
  - \* Keep your head and eyes up, shoulders back but relaxed, Assertive body posture
  - \* Change BODY CHEMISTRY.
  - \* Breathe deeply, all the way into your diaphragm. Breathe slowly.

## Figuring Out Opposite Action for Anger

When you are feeling anger, you may want to "attack"...this could be an urge to physically attack, destroy property, harass someone (call/text/email repeatedly), yell, make sarcastic comments, passively withdraw, etc.

### Instead you should:

1. At best, do something nice for the person who is making you angry.
2. If appropriate, you can treat this person in a loving way.
3. Otherwise, gently AVOID the person you are angry with (rather than attacking)
4. If you can't do something nice for the person who upset you, do something nice for someone else.
5. Take Opposite Actions ALL THE WAY
  - \* Imagine UNDERSTANDING and EMPATHY for the other person.
  - \* Step into the other person's shoes. Try to see the situation from their point of view. Imagine what they might have been thinking that would make sense to them
  - \* Change your POSTURE.  
Relax your chest and stomach muscles, unclench your teeth, relax your face muscles, and half-smile. Unclench your hands loosen up your shoulders
  - \* Change BODY CHEMISTRY (TIPP)

## RADICAL ACCEPTANCE

Pain is a part of living. It can be emotional or physical. Pain is nature's way of telling us something is wrong, or that something needs to be done.

Suffering comes when people are unable or refuse to accept pain...when people cling to what they want or refuse to accept is happening. . Pain can be difficult and near impossible to bear but suffering is self induced and makes everything much worse.

Freedom from suffering requires acceptance from deep within of *what is*. The pain cannot possibly subside until you accept the reality of what has caused the pain.

*Suffering = Pain + Non-Acceptance*

Principles of Radical Acceptance:

- Let go of fighting reality.
- Acceptance is the only way out of pain.
- Deciding to tolerate the moment is Acceptance.
- Acceptance is acknowledging what is.
- Acceptance does not equal "liking it" or "condoning it" or "agreeing with it"

HOW DO WE RADICALLY ACCEPT THE THINGS WE DON'T WANT TO BE TRUE?

TURNING THE MIND: Choice and Commitment

- Acceptance of reality as it is requires a CHOICE.
  - It is like coming to a fork in the road. You have to *turn your mind* towards the acceptance road and away from the "rejecting reality" road.
- You have to make an inner COMMITMENT to accept.
  - The COMMITMENT to accept does not itself equal acceptance. It turns you toward the path, and is the first step.
  - You have to turn you mind and commit to acceptance **OVER and OVER and OVER** again. Sometimes you have to make the commitment many times in just a few minutes.

## WILLINGNESS

Cultivate a WILLING response to each situation

- Willingness is doing what is needed in each situation.
  - Focus on being *Effective*.
- Willingness is listening very carefully to your *Wise Mind*
- Willingness is being open to doing something differently.

## WILLFULNESS

Replace WILLFULNESS with WILLINGNESS

- Willfulness is sitting on your hands when action is needed, refusing to make changes that are needed.
- Willfulness is GIVING UP.
- Willfulness is doing the OPPOSITE of "Doing what works," of being effective.
- Willfulness is trying to FIX every situation.
- Willfulness is refusing to TOLERATE the moment.

The goal is to be effective and let go of having to be **right**.

Do you want to be right, or do you want to be effective?

This is a choice, there ARE options.



## Problem Solving

**Step 1:** OBSERVE and DESCRIBE the problem, just the actual facts

**Step 2:** Check to make sure everything you are considering to be a "fact" has actual evidence to support it

**Step 3:** If you have made assumptions or are missing data, redefine the problem using **JUST THE FACTS**

**Step 4:** Identify your *GOAL* for solving the problem. Double check if this goal is actually achievable

**Step 5:** Brainstorm all different possible solutions, both realistic and even silly. Don't immediately discount a solution just because it might be daunting in some way.

**Step 6:** Choose a solution that is **most likely** to work

**Step 7:** Put the solution into action. If it works, great! If not, try another option from your original brainstorming.

## How to Distract When You Need to Tolerate Distress

The goal of these skills is to tolerate painful events and emotions when you can't make things better right away. The primary function of distracting yourself is not to "feel better" but to not make the situation worse!

1. Distract with the "ACCEPTS" skill...

### Activities

List options:

### Contributing

List options:

### Comparisons

List options:

### Emotions *(be sure the activity creates different emotions)*

List options:

### Pushing Away

List options:

### Thoughts

List options:

### Sensations

List options:

## Self-soothe with the FIVE SENSES

What does it mean to feel soothed? How do you know when something is soothing for you? How can you use your five sense, separately, or "stacking the deck" to tolerate your distress?

### Vision

List options:

### Hearing

List options:

### Smell

List options:

### Taste

List options:

### Touch

List options:

## Interpersonal Effectiveness

We often experience distress in our lives because of an interaction we have had, or need to have, with another person. If we can increase the likelihood these interactions will meet our goals, we should experience less distress.

In interpersonal interactions, most situations fall into one of three categories:

1. We need to make a request AND are willing to negotiate

Skill: DEARMAN

2. We need to set a limit, say no, preserve our self-respect

Skill: FAST

3. We want to create or maintain a good relationship

Skill: GIVE

In order to have the best chance of being effective, we first have to figure out what our PRIMARY goal is for an interpersonal situation. This directs us to the appropriate skill.

## How to Make a Request When You Are Willing to Negotiate

*\*start by asking, "Is now a good time to talk for a few minutes?" Be willing to have to put the conversation on hold for a time this person can really be present and listen.*

### Describe

Describe the situation. Tell the person exactly what you are responding to. Use **only the facts**.

### Express

Express your feelings and opinions by using "I" statements ("I feel ...," "I would like ..."). Do not assume that the other person knows how you feel. Stay away from "You should ..."

People often listen better if you **first** validate their possible feelings/experiences/worries of a situation. It can be helpful to start by validating them, then share one of your feelings, then validate them, until you are able to express your key feelings

### Assert

Ask for what you want clearly, with no hesitation. "I would like you to" vs. "So, if at all possible, it would be great if you could". Remember, the other person cannot read your mind.

### Reinforce

Reward the person ahead of time by explaining the positive effects **for them** of you getting what you want. Why is it in their best interest to do what you are asking?

### **(stay)** Mindful

Keep your focus on what you want, avoid distractions. Come back to your assertion over and over; be a "broken record." Ignore attacks; keep making your point.

**Appear Confident** Make (and maintain) eye contact. Use a confident tone of voice and body posture.

### Negotiate

Be willing to "give to get." Offer alternative solutions to the problem. If you can't come to an agreement, "turn the tables" and see if they can offer a solution. Some people need the resolution to come from them

## How To Set a Limit, Say No, Preserve our Self-Respect

Use this skill when your PRIMARY goal is to develop and keep your self-respect. A way to remember these skills is to remember the word "FAST:"

(be) Fair

(no) Apologies

Stick to Values

(be) Truthful

(be) Fair

Be fair to YOURSELF and to the OTHER person.

(no) Apologies

Do not OVER apologize. If there is a need, sincerely apologize once. If you over apologize, it is often interpreted, by the other person, as you NOT having a firm line. In turn, they may not respect the boundary you are trying to set.

Stick to Values

Stick to YOUR OWN values.

It doesn't matter what the other person's values are..this is about YOUR values.

(be) Truthful

Don't lie, act helpless when you're not, or exaggerate. Don't make up excuses. When we do this, it is often conveyed as us being hesitant about the limit we are trying to set. In turn, this can lead to the other person continuing to try to "push" for what they want.

## How to Create or Keep a Good Relationship

Use this skill when your primary goal is to create and/or keep a good relationship or a relationship you need to keep "working" well.

A way to remember this skill is to remember the word "GIVE:"

(be) Gentle

(act) Interested

Validate

(use an) Easy Manner

(be) Gentle

Be courteous and open-minded in your approach.

No Attacks

No verbal or physical attacks. No hitting, clenching fists. Express anger by using "I feel ..."

No Threats

No "manipulative" statements, no hidden threats. No "I'll kill myself if you..." Tolerate a 'no' to requests. Stay in the discussion even if it gets painful. Exit gracefully.

No Judging

No moralizing or preaching. No "If you were a good person, you would..." or "You should..." or "You shouldn't..."

(act) Interested

Listen and be interested in the other person. Listen to the other person's point of view. Don't interrupt, talk over, etc. Be sensitive to the person's desire to have the discussion at a later time. Be patient.

Validate

Validate or acknowledge the other person's feelings, wants, difficulties, and opinions about the situation. Be nonjudgmental out loud: "I can understand how you feel," "I realize that this is hard for you," and "I see that you're busy, but could we talk for a minute?"

(use an) Easy Manner

Use a little humor. Smile. Ease the person along, be light-hearted. Use a "soft-sell" over a "hard-sell."

## Ways to Regularly Engage in Life and Take Care of Yourself To Increase Your Emotional Stability

A way to remember these skills is to remember the term "ABC PLEASE".

**A**

### Accumulate Positive Emotions

Short Term: Do pleasant things that are possible now  
Long Term: Make changes in your life so that positive events will occur more often. Build a "life worth living".

**B**

### Build Mastery

Do things that make you feel competent and effective as a line of defense against helplessness and hopelessness.

**C**

### Cope Ahead of Time with Emotional Situations

Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.

**PLEASE**

Take Care of Your Mind by  
Taking Care of Your Body



## Using Cope Ahead to More Effectively Manage a Future Problem

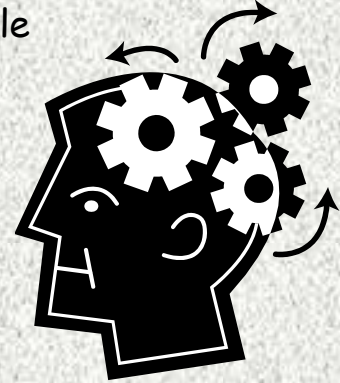
**Describe** a situation that is likely to prompt skills-interfering emotions

- Name the emotions most likely to interfere with using your skills

**Decide** what coping or problem solving skills you want to use in the situation

**Imagine the situation** in your mind as vividly as possible

**Rehearse** in your mind coping effectively



## Taking Care of Your Mind by Taking Care of Your Body

\*Remember these as "PLEASE" skills

**PL** Treat **Physical LIllness** by...seeing a doctor when necessary. Take medication if it will help you feel better. Don't allow yourself to suffer from physical symptoms unnecessarily

**E** Balance **Eating**...eat balanced meals and snacks at regular intervals throughout the day to reduce fatigue and blood sugar swings

**A** Avoid mood-**Altering** drugs...stay off non-prescribed drugs if they make you vulnerable to emotions

**S** Balance **Sleep**...try to get adequate sleep. Design and practice better sleep hygiene if you have difficulty sleeping.

**E** Exercise...moderate exercise on a regular basis has been shown to be as effective as a low dose anti-depressant. It is very helpful for regulating high and low mood swings.

Remember how emotionally vulnerable you become when you are not taking care of your body's basic health needs

## DBT SKILLS – QUICK REFERENCE GUIDE

- 1. Wise Mind:** Be aware of Emotion Mind, Rational Mind, and Wise Mind. The way out of Emotion Mind is by engaging in a Mindfulness Activity.  
**\*Wise Mind = Emotion Mind + Rational Mind**
  - 2. Observe:** JUST NOTICE. Observe with your five senses. Don't label or put into words.
  - 3. Describe:** Describe in detail what you are experiencing (touch, taste, vision, hearing, smell).
  - 4. Participate:** Completely participate. Don't just Observe or Describe. Don't worry about what came before or what will come after, just engage in the moment.
  - 5. Non-Judgmental Stance:** Acknowledge without judging. Describe the facts of the situation without adding opinions. Recognize consequences of behavior without judging them to be positive or negative.
  - 6. Effectively:** Doing what it takes to meet your goal, even if the situation feels unfair and we wish it were different.
  - 7. DEAR MAN:** **D**escribe the facts of the situation. **E**xpress feelings. **A**ssert what you want. **R**einforce desired responses. Be **M**indful in order to stay focused on your goal (be a Broken Record). **A**ppear confident, even if you don't feel that way. **N**egotiate: be prepared to bargain.
  - 8. GIVE:** Be **G**entle in your approach. Act **I**nterested – listen to the other person. **V**alidate the other person's view point. Use an **E**asy manner.
  - 9. FAST:** Be **F**air to yourself and others. Don't over **A**pologize. **S**tick to your Values. Be **T**ruthful.
  - 10. ABC PLEASE:** **A**ccumulate positive events by planning activities you enjoy. **B**uild Mastery by engaging in activities you already excel in, or can improve in. **C**ope Ahead of Time for distressing situations. Treat **P**hysical Illness. Balance **E**ating. **A**void mood-altering drugs. Balance **S**leep. **E**ngage your body.
  - 11. Check the Facts:** Determine whether your emotional responses and actions are warranted by the facts of the situation.
  - 12. Problem Solving:** Identify your goal in managing your emotions, brainstorm solutions, choose a solution that is likely to help you reach your goal, and put the solution into action.
  - 13. Opposite to Emotion Action:** Be mindful of the action urge that goes along with each emotion and act opposite to that urge. (e.g. sometimes we are angry and have the urge to attack someone – instead try to remember the fun you've had with them in the past).
  - 14. Distract:** Focus your attention on something other than emotion. Distract with Wise Mind **ACCEPTS**: by **A**ctivities, **C**ontributing, **C**omparisons, creating a new **E**motion, **P**ushing Away, **T**houghts, **S**ensations.
  - 15. Self-Soothe:** Engage in activity which is calming. Use any or all of your five senses: Sight, Smell, Touch, Taste, and Hearing. Ex: Take a bubble bath and notice the smells, sounds, and feel of it.
  - 16. IMPROVE the Moment:** Do something that will improve the moment you are in. **I**magery, **M**eaning, **P**rayer, **R**elaxation, **O**ne thing in the moment, **V**acation, **E**ncouragement.
  - 17. PROS and CONS:** Make a list of the reasons for and against tolerating a crisis or engaging in some particular activity.
- Radical Acceptance:** When your situation cannot improve, accept reality as it is right now. Turn your mind back to this acceptance over and over