Dialectical Behavior Therapy: A Visual Review

Skills Flash Cards

These cards are helpful in familiarizing both clients and therapists with the Skills Modules within DBT and may be used in conjunction with Skills Group or Individual Therapy. The cards are helpful for clients to use as a quick reference while they are busy living their daily lives. The images found within are from the “Dialectical Behavior Therapy: A Visual Review” presentation. The cards were created by Dr. Steve McCandless, Psy.D and Stephanie Johnston, LCSW of the Central Arkansas Veterans Healthcare System in collaboration with artist Kevin Cates. The project was made possible through a grant from the South Central MIRECC. Please feel free to use and distribute the cards as needed.

Instructions for Use

- Print the following pages then copy front and back onto one page.
- Make sure the numbers ‘1’ and ‘2’ are on opposite sides of the first page and in the same location.
- Once printed cut along the dotted lines and put in sequential order.
- Blank cards are numbered 63-71 and are included for notes if desired.
- The cards can be stapled together or laminated with a hole punch in the top left corner and placed on a key ring.
Dialectical Behavior Therapy

Flash Cards for Skills Use

BioSocial Theory

BioSocial Model

Emotionally Sensitive Baby + Invalidating Environment

Dialectical Dilemmas

Dialectical Dilemma

Unrelenting Crisis

Emotional Vulnerability
**Borderline Personality Disorder**

**BioSocial Theory**
Sensitive Child + Invalidating Environment = Borderline Personality Disorder

1. Fear of Abandonment
2. Chaotic Relationships
3. Identity Disturbance
4. Impulsivity
5. Suicidal or Self Harm Behavior
6. Mood Instability
7. Feelings of Emptiness
8. Intense Anger
9. Stress related Paranoia

**What is DBT?**

DBT was developed in the mid-1990's by Dr. Marsha Linehan. It combines both person-centered therapy based on acceptance with cognitive behavioral therapy based on change. This dialectic of change and acceptance remains core to the treatment. It is comprised of Skills Training in Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness as well as Individual Therapy. In Individual Therapy diary cards and a target hierarchy are used to organize sessions.

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**Dialectical Dilemma**

1. Unrelenting Crisis vs Inhibited Grief
2. Emotional Vulnerability vs Self Invalidation
3. Active Passivity vs Apparent Competence
Dialectical Dilemma

Active Passivity

Emotion Regulation Skills

Opposite Action Skill

Emotion: Shame

Opposite Action Skill

Emotion: Anger

Opposite Action Skill

Shame

Action Urge: Hide

Anger

Action Urge: Attack
Goals of Emotion Regulation

Understand and name your own emotions. Decrease the frequency of unwanted emotions.

Decrease emotional vulnerability. Decrease vulnerability to emotion mind. Increase resilience, your ability to cope with difficult things and positive emotions.

Decrease emotional suffering. Reduce suffering when painful emotions overcome you. Manage extreme emotions so that you don’t make things worse.
Opposite Action Skill

Emotion: Sadness

Action Urge: Isolate

Emotion: Fear

Action Urge: Avoid

Emotion: Joy

Action Urge: Repeat
Opposite Action Skill

Fear

Justified:

Danger

Opposite Action Skill

Sadness

Opposite Action:

Engage

Justified:

Loss

Opposite Action Skill

Joy

Opposite Action:

Avoid

Justified:

Improves Life

Opposite Action Skill

Fear

Opposite Action:

Approach
Interpersonal Effectiveness Skills

Interpersonal Effectiveness
GIVE Skill
To Keep Relationships

Interpersonal Effectiveness
DEAR MAN Skill
To Obtain Your Objective

Interpersonal Effectiveness
FAST Skill
To Keep Self Respect

Mindfulness Skills

Mindfulness Skill
Wise Mind
The Middle Path between Emotional Mind and Rational Mind
Interpersonal Effectiveness

**DEAR MAN Skill**

**Describe:** the situation.

**Express:** your feelings.

**Assert:** what you want to happen.

**Reinforce:** the consequences both positive and negative.

**Mindful:** be a broken record, don’t get distracted.

**Appear confident:** Hold your ground.

**Negotiate:** Cooperate & be fair.

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**To Obtain Your Objective**

**GIVE Skill**

**Gentle:** No attacks, threats, judging, or non-verbal cues of eye rolling or smirking.

**Interested:** Don’t interrupt, maintain good eye contact.

**Validating:** Show that you understand the other person. See the world from their point of view. Put yourself in their shoes.

**Easy manner:** Stay light hearted and smile.

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**To Keep Relationships**

**To Keep Self Respect**

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**Goals of Mindfulness**

Reduce suffering and increase happiness. Reduce pain, tension, and stress

Increase control of your mind. Stop letting your mind be in control of you.

Experience reality as it is. Live life with your eyes wide open. Experience the reality of your connection to the universe, essential goodness, essential validity.

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**FAST Skill**

**be Fair:** to yourself and others.

**no Apologies:** don’t look ashamed, keep your head and eyes up, no apologizing for being alive or for making a request.

**Stick to values:** don’t sell out your integrity. Stick to your guns.

**be Truthful:** Don’t lie or act helpless when you’re not.

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Mindfulness Skill

Rational Mind

Excessive = Cold, Over-regulated, and Robotic

Distress Tolerance Skills

T

Distress Tolerance: TIPP Skill

Temperature

I

Distress Tolerance: TIPP Skill

Intense Exercise

P

Distress Tolerance: TIPP Skill

Paced Breathing: In Through the Nose

P

Distress Tolerance: TIPP Skill

Progressive Muscle Relaxation
**Distress Tolerance: TIPP Skill**

Tip the Temperature of your face with cold water to calm down fast.

- Holding your breath, put your face in a bowl of cold water, or hold a cold pack on your eyes and cheeks.
- Hold for 30 seconds.
- Caution: Very cold water can decrease your heart rate rapidly. Consult your health care provider before using this skill if you have a medical condition.

**Goals of Distress Tolerance**

Survive Crisis Situations without making them worse.
Accept Reality: replace suffering and being stuck with ordinary pain and the possibility of moving forward.
Become Free: of having to satisfy the demands of your own desires, urges, and intense emotions.

**Mindfulness Skill**

**Emotional Mind**

Excessive = Hot, Under-regulated, and Animalistic

**P Distress Tolerance: TIPP Skill**

To calm down by pairing muscle relaxation with breathing out.

- While breathing into your belly deeply tense your body muscles.
- While breathing out, say the word “Relax” in your mind.
- Release the tension in your muscles.

**Paced Breathing:**

More slowly
Out Through the Mouth

**I Distress Tolerance: TIPP Skill**

To calm down your body when it is revved up by emotion.

- Engage in intense exercise if only for a short while.
- Expend your body's stored up physical energy by running, walking fast, jumping, jumping jacks, playing basketball, etc.
- Caution: Intense exercise can raise your heart rate rapidly. Consult your health care provider before using this skill if you have a medical condition.
Acknowledgments


