

DBT Addiction Skills

Skill	Description
Dialectical abstinence	Striving for abstinence while being prepared or ready for occasional lapses.
Clear mind	The synthesis between <i>addict mind</i> , which is fully engaging in your addictive behavior, and <i>clean mind</i> , which is pretending addiction is not a problem for you. <i>Clear mind</i> is essentially being fully aware that you can slip back into addiction.
Contingency management	Identifying people, places, and activities that can reinforce non-addictive behavior.
Burning bridges and building new ones	Identifying people, places, and activities that trigger substance use and getting rid of them; learning strategies to manage cravings.
Alternative rebellion	Finding alternative ways to rebel if drug use functions as a way for you to rebel against society.
Adaptive denial	Denying cravings and urges to use, and telling yourself instead you are craving something benign like lemonade or a bubble bath.

Source: Linehan M. *DBT Skills Training*. 2nd ed. New York, NY: Guilford Press; 2014.

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