

Dialectical Behavioral Therapy Skills

Skill	Purpose	Techniques
<i>Mindfulness</i>	Relaxation and awareness	Observing, describing, and participating in the moment
<i>Emotion Regulation</i>	Reducing vulnerability to <i>emotion mind</i>	Labeling emotions, learning how they relate to actions, and taking care of yourself
<i>Distress Tolerance</i>	Enduring unavoidable distress	Distracting yourself with pleasurable activities and intense sensations
<i>Interpersonal Effectiveness</i>	Getting what you want from others without sacrificing self-respect	Prioritizing goals, being assertive, and negotiating effectively

Source: TCPR, March 2012, Vol 10, Issue 3, Personality Disorders