

Watch your thoughts, they
become words.

Watch your words, they become actions.

Watch your actions they become habits.

Watch your habits, they become
character.

Watch your character it becomes your
destiny!

Lao Tzu

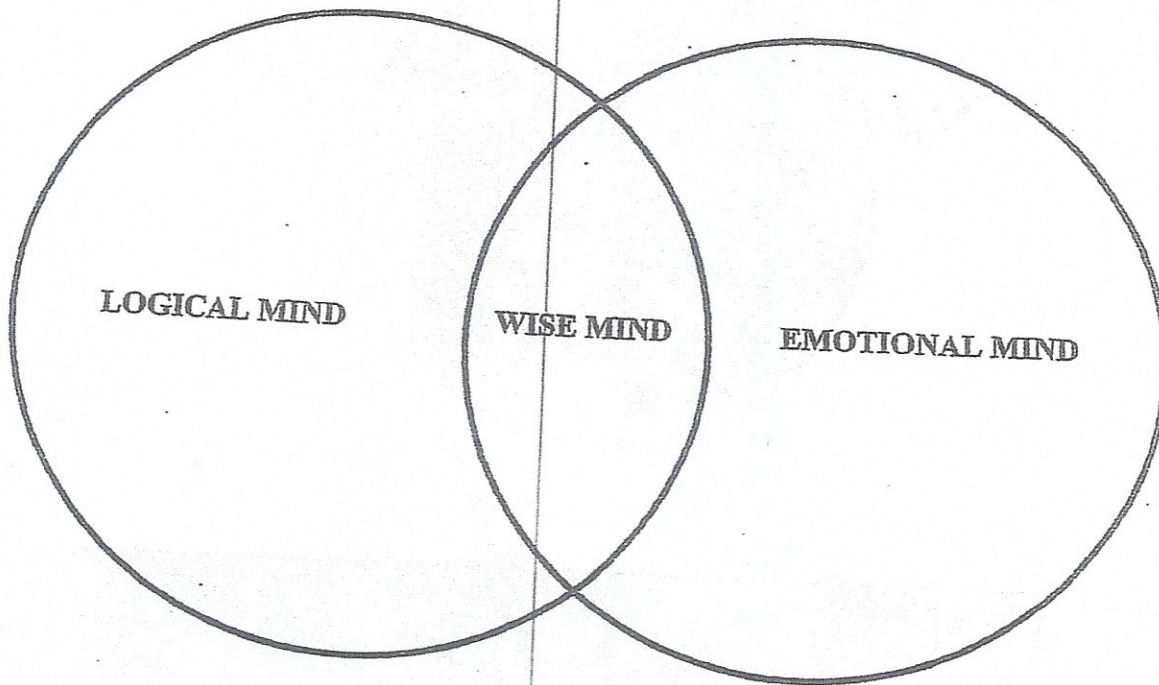
the hell is that?



**oh,
just my mind**

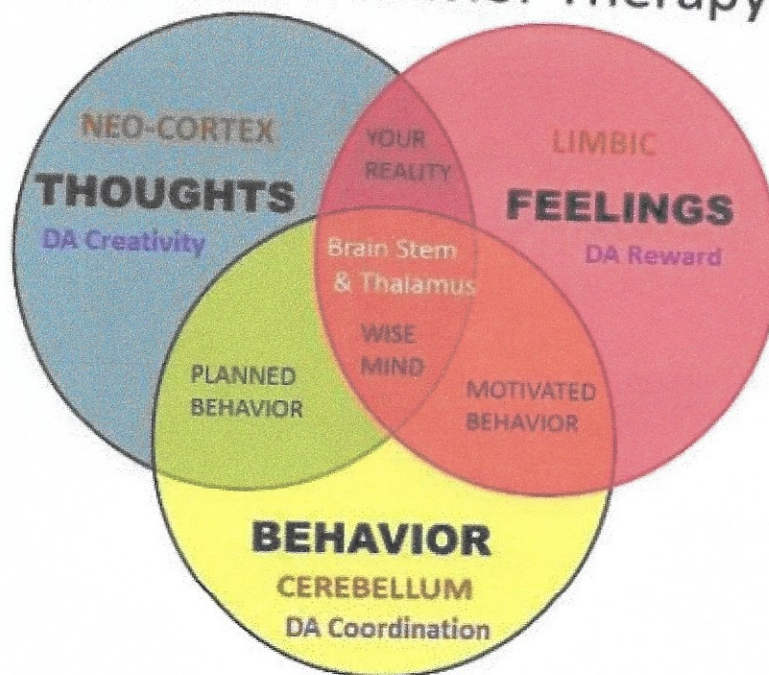
DBT SKILLS GROUP
MINDFULNESS HANDOUT
Taking Hold of Your Mind:

States of Mind

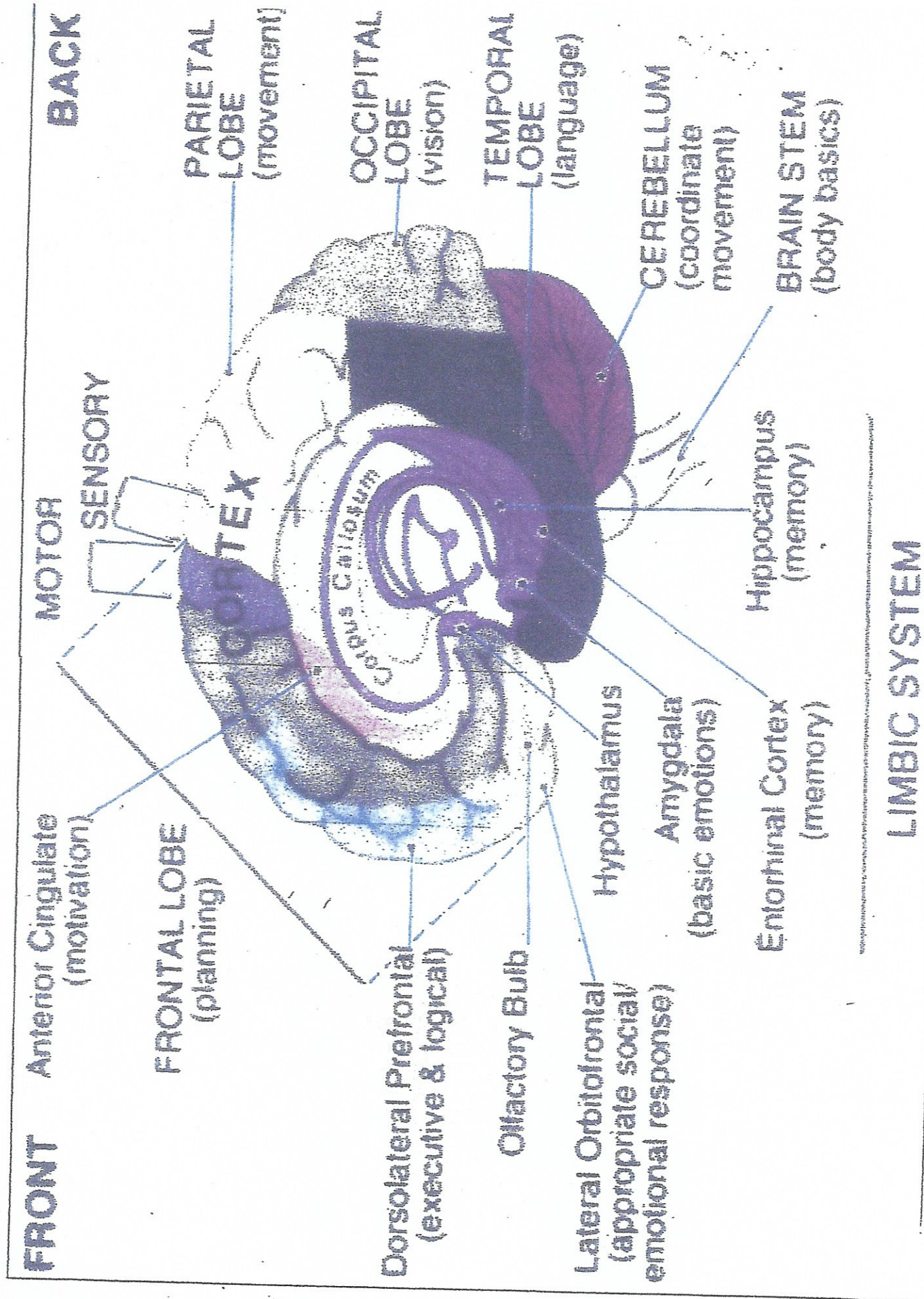


Dialectical Behavior Therapy Slideshow

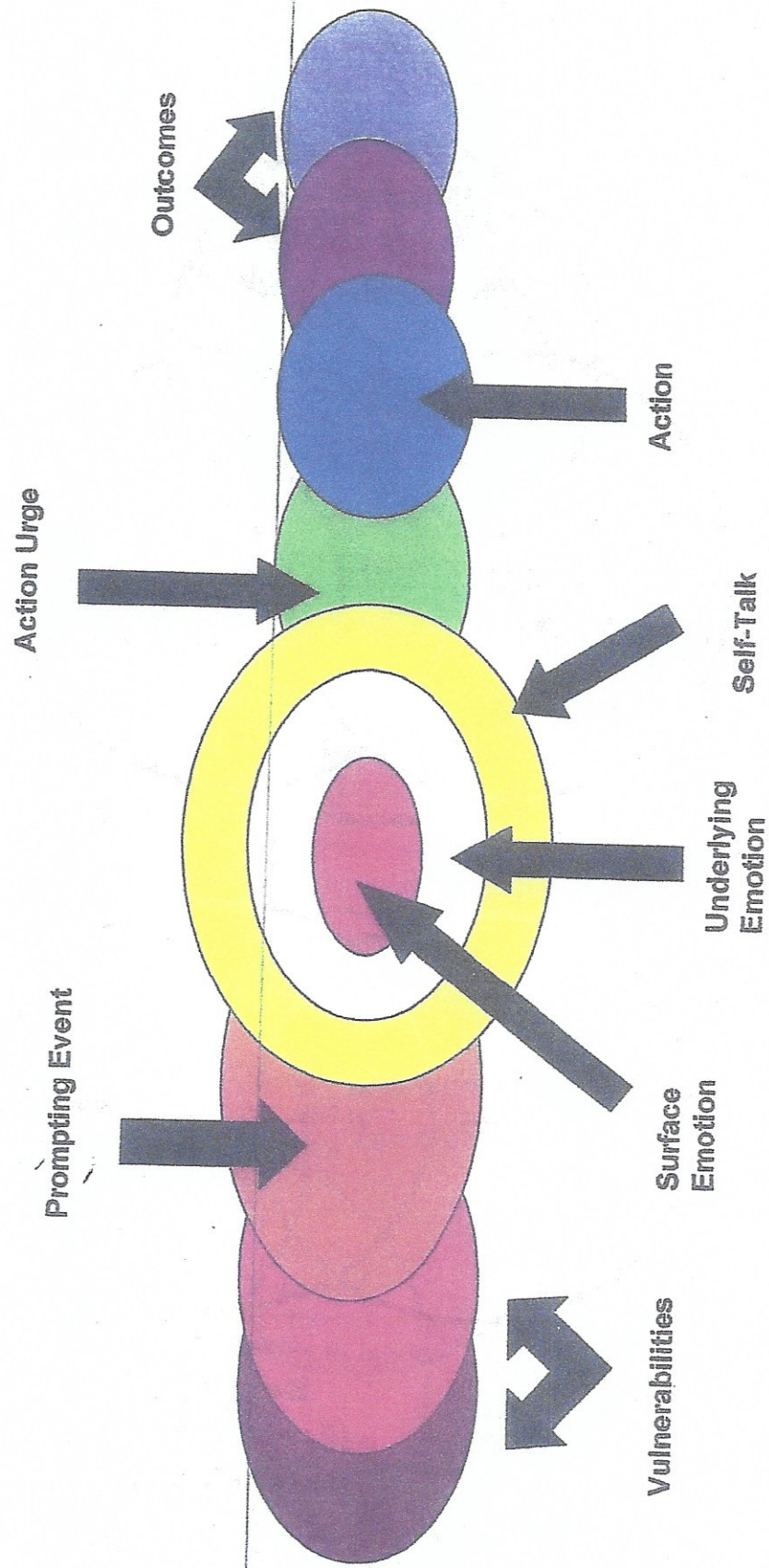
Dialectical Behavior Therapy



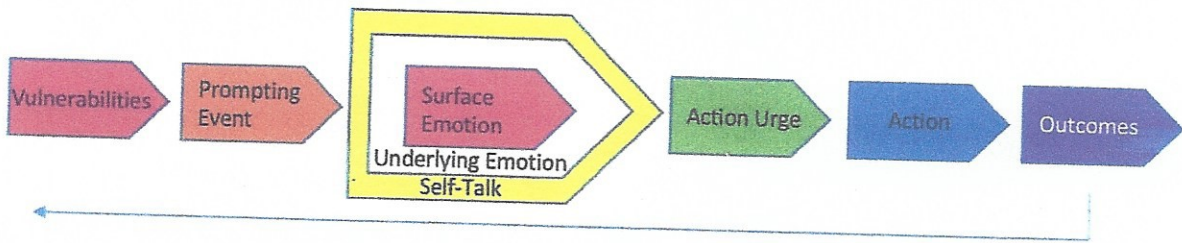
Achieving Balance in Your Life



Visual Behavior Change Analysis Form



Visual Behavior Change Analysis Form



Example Only

Relationships							
Vulnerabilities	Prompting Event	Self-Talk	Underlying Emotion	Surface Emotion	Action Urge	Action	Outcomes
Feeling of inadequacy	Discussion of someone else's success	Does she think of me highly?	Jealous, Anxious, Fearful	Upset, Uncomfortable, Displeased, Heavy	Express my distaste in the conversation and/or begin to proclaim my excellence in order to compensate. At times I tell myself that these urges are ill founded	Shift the conversation away from the current topic, or become reserved	Making her feel like she did something wrong, a feeling of being inadequate, further thoughts of someone being better, and guilt

Relationships							
Vulnerabilities	Prompting Event	Self-Talk	Underlying Emotion	Surface Emotion	Action Urge	Action	Outcomes

Diary Card

DBT Skills Group

Name: _____

Today I felt..... on a scale of 0 to 9 (0 = not at all; 9 = highest)

Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Good/Happy							
Anxious/Tense							
Miserable							
Angry/Irritable							
Depressed							
Hopeful							
Empty/Alone							
Disconnected/ Unreal							
Physically Bad							

Today I felt an urge to..... on the same scale of 0 to 9 (0 = not at all; 9 = highest)
(Check corner box if you acted on the urge)

Harm/Injure Myself							
Binge or Purge							
Drink or Use Drugs							
Other:							
Other:							

Today I used these DBT Skills: Check each skill you used on a particular day, for each day.
(Check corner box if you attempted the skill, but it didn't help)

Mindfulness							
Interpersonal Effectiveness							
Emotion Regulation							
Distress Tolerance							