

I'm not robot!

Recovery Phase

| ID | Client | Family | Status | Progress Notes |
|--|--------|--------|--|----------------|
| | | | <input type="checkbox"/> Dismissed <input type="checkbox"/> Closed <input type="checkbox"/> Family <input type="checkbox"/> Other | |
| | | | Diagnosis [List of diagnoses] | |
| | | | Interventions [List of interventions] | |
| | | | Individualized Care and Recommendations [List of recommendations] | |
| | | | Ongoing Assessment [List of assessment items] | |
| | | | Other Care [List of other care items] | |
| Please comment on following for any and/or describe any changes or problems in status | | | | |
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Mindfulness Skills

Spending a lot of time in your head causes stress. There are always new things to worry about, conversations to rehearse, and activities to plan. Research tells us that when you live in the moment—that is, getting out of your head and being consciously aware of your surroundings—you will usually feel happier and experience less stress. With enough practice, you will learn to better control your thoughts and feelings. Below are some techniques to help you achieve this goal.

Mindful Activity

The goal of a *mindful activity* is to bring your thoughts into the present moment. To practice, first choose any activity where you notice your mind consistently wanders. This could be your commute home, while completing chores around the house, or just about anything else. Next time you do your chosen activity, attend to each of your senses. Below we use the example of going for a walk. It will be best to choose an activity you do regularly so you are sure to practice every day.

| | |
|---------|---|
| Vision | As you leave your home you immediately notice the bright blue sky, trees, and empty streets. As you pay closer attention you notice flowers along the sidewalk with a slight breeze causing them to tilt to their side every few moments. |
| Hearing | Each time the breeze passes, you can hear the leaves rustling in the wind. Occasionally, you hear the hum of a car passing on a nearby street. Birds are chirping somewhere up above. |
| Touch | You notice the warmth of the sun and the coolness of the breeze. With each step you feel your foot landing and then pushing off from the pavement. |
| Taste | You stop to pick up a coffee for your walk. You hold the drink in your mouth for a moment to savor the taste. |
| Smell | When the breeze floats by, you catch the smell of the flowers and the trees. As you continue your walk, you notice the smell of grass by a neighboring home. |

Preview page 1 of 2

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Dialectical Behavior Therapy Life Enhancement Skills At A Glance

| | | | |
|---|---|---|---|
| Skills Training AAA Model Awareness Acceptance Action | Create SMART Goals Specific Measurable Achievable Realistic Time-bound | 4 options 4 problems 1. Tolerate the problem 2. Change one factor 3. Solve the problem 4. Stay awayable | Behavior Analysis 1. Name the behavior 2. Prompting event 3. Reinforcing event 4. Note duration 5. List consequences 6. Behavior leads to consequences through events, feelings, emotions, thoughts, actions, feelings, and thoughts |
| Core Mindfulness Skills What Skills How Skills Observe - One mindfully Describe - Effectively Participate - Nonjudgmentally | VITALS to Success Values Intentions Take small steps Uphold yourself Lighten your load Notice what's working | Emotion Regulation Goals • Identify, label, understand emotions • Decrease unwanted emotion responses • Increase emotional vulnerability | Emotion Regulation Skills • Identify label function of emotion • Modify to emotion • Behavior chain analysis • Problem solve • Opposite action to emotion signs • Self-soothe with soothing sensations • Managing extreme emotions |
| Radically Open Skills • Radical Acceptance • Take the Long View • Practice Willingness • Loving Kindness | Distress Tolerance Skills • Emotion regulation • Problem solving • Self-soothing • Radical Acceptance • Mindfulness | Interpersonal Effectiveness Skills • Identify label function of emotion • Modify to emotion • Behavior chain analysis • Problem solve • Opposite action to emotion signs • Self-soothe with soothing sensations • Managing extreme emotions | Interpersonal Effectiveness Skills • Identify label function of emotion • Modify to emotion • Behavior chain analysis • Problem solve • Opposite action to emotion signs • Self-soothe with soothing sensations • Managing extreme emotions |

Figura 4. Terapia conductual dialéctica para trastornos de personalidad límite. Estudios de la terapia y objetivos del tratamiento



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