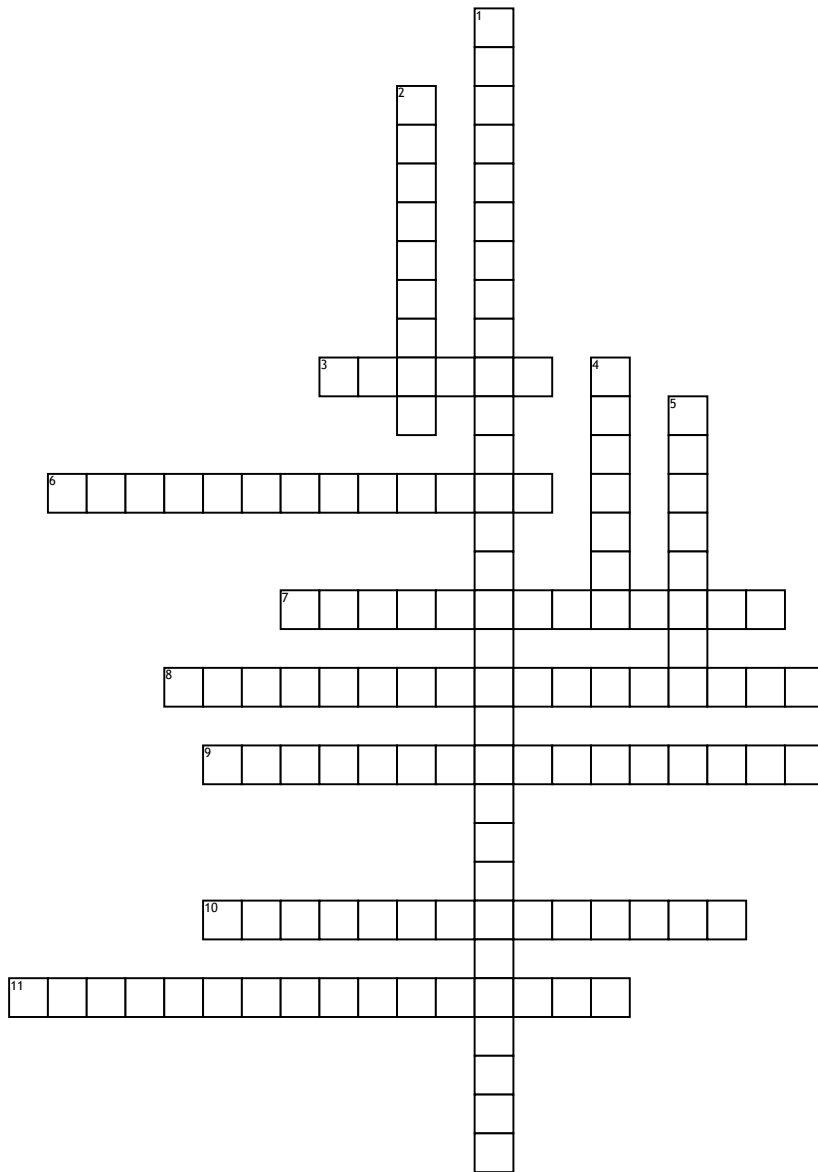


DBT Coping Skills



Across

3. Choose a word or phrase that you repeat in your head to help you feel better/calmer.
6. Think of a calm, relaxing place. Now tell yourself a story about it. Make sure you include what you see, hear, smell, taste and touch.
7. Breathe in slowly and rhythmically through your nose. Make sure you use your diaphragm. Fill your lungs from the bottom to the top. Then slowly breathe out through your mouth.
8. Identify the thought that leads you to feel or behave in an unhealthy way. Then change the thought to thoughts that will help you feel/behave healthier.
9. Give yourself a pep talk. What would you say to your best friend in the same situation?
10. Same as deep breathing, but now, imagine breathing in a calming color that fills you with relaxation and peace. Then, breathe out a color that represents your stress anger, anxiety etc., which is leaving and going away from your body.

11. Start with your toes. Tense them up and hold for 15-20 seconds, then relax. Next tense up your calves and hold for 15-20 seconds then relax. Continue to move up through each muscle group up to your head tensing, and relaxing the muscles.

Down

1. Breathe in and out through your nose using your diaphragm. Count 1, 2, 3 as you breathe in, pause your breathing and say "relax" to yourself. Then count 1, 2, 3 as you breathe out, pause your breathing then say "relax" to yourself.
2. Sit comfortably with your feet on the floor and your arms in your lap or the arms of a chair or lie down flat. Now, using one or more of your senses, describe what you see, hear, smell, taste, or feel. Focus on this until you feel calmer.
4. First make a plan with your family when everything is calm. It should include a signal or word to tell the other person when you need a time out. Each person should choose an area or room within the house to go and relax.
5. Start at the top of your head and mentally scan down your body looking for any tension, discomfort, etc. When you find some, stop and tell yourself to "relax" and deep breathe until your tension is gone.