Helpful Skills		Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	Step 11	Step 12	Serenity Prayer	HALT	1 DAY at a Time
MINDFULLNESS																
Wise Mind		X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
What	Observe[1], Describe[2], Participate[3]	X	X	X	X	X		X	X		X[1,2]	X	X			
How	Nonjudgmental[1], One Mindfully[2], Effectiveness[3]	X	X	X	X[1]	X		X[3]	X		X[1]	X	X			X[2,3]
Observing Your Breathe			X									X				
Alternate Rebellion (DBT-SUD)										X	X					X
INTERPERSONAL EFFECTIVENESS																
FAST		X		X	X	X		X	X	X	X	X	X	X		
GIVE						X				X			X			
DEARMAN/DEAR WOMAN						X		X		X			X			
Cheerleading Statements		X		X					X	X						
Avoiding & Eliminating Cues to Use (DBT-SUD)				X			X									
EMOTION REGULATION																
Identifying & Labeling emotions					X											
PLEASE (Reducing Vulnerability)											X	X		X	X	X
MASTER (Feeling Effective)																

Opposite to Emotion Action (For changing Shame or Anger)										X	X				X	X
Building a Life Worth Living	Attend Relationships								X	X		X	X		X	
	Values & Priorities	X	X	X	X	X			X			X	X		X	
Let Go of Emotional Suffering				X												
DISTRESS TOLERANCE																
ACCEPTS (Distract)														X		X
Self Soothe (5 Senses)												X				X
IMPROVE the Moment		X		`					X			X				X
Pros and Cons	X															X
Turning the Mind			X			X				X						X
Half Smile									X							
OBJECTIVES																
RADICAL ACCEPTANCE	X			X	X									X	X	X
Willingness vs. Willfulness		X	X	X	X			X		X	X			X		X
Urge Surfing (DBT-SUD)				X						X				X		X
Adaptive Denial (DBT-SUD)										X						X
Burning Bridges (DBT-SUD)			X			X										