



Accumulating Positive Emotions: Short Term

Accumulate positive emotions in the short term by doing these things.

BUILD POSITIVE EXPERIENCES NOW

- INCREASE PLEASANT EVENTS that lead to positive emotions.
- Do ONE THING each day from the Pleasant Events List.
(See *Emotion Regulation Handout 16*.)
- Practice opposite action; AVOID AVOIDING.
- BE MINDFUL of pleasant events (no multitasking).

BE MINDFUL OF POSITIVE EXPERIENCES

- FOCUS your attention on positive moments when they are happening.
No multitasking.
- REFOCUS your attention when your mind wanders to the negative.
- PARTICIPATE and ENGAGE fully in each experience.

BE UNMINDFUL OF WORRIES

Such as . . .

- When the positive experience will end.
- Whether you deserve this positive experience.
- How much more might be expected of you now.



Accumulating Positive Emotions: Long Term

Accumulate positive emotions in the long term to build a “life worth living.”

That is, make changes in your life so that positive events will occur in the future.

Step 1. Avoid avoiding.

Start now to do what is needed to build the life you want. If you are not sure about what to do, follow the steps below.

Step 2. Identify values that are important to you.

ASK: What values are really important to me in my life?

Examples: Be productive; be part of a group; treat others well; be physically fit.

Step 3. Identify one value to work on now.

ASK: What is really important to me, right now, to work on in my life?

Example: Be productive.

Step 4. Identify a few goals related to this value.

ASK: What specific goals can I work on that will make this value part of my life?

Examples: Get a job where I can do something useful.

Be more active keeping up with important tasks at home.

Find a volunteer job that will use skills I already have.

Step 5. Choose one goal to work on now.

Do pros and cons, if necessary, to select a goal to work on now.

Example: Get a job where I can do something useful.

Step 6. Identify small action steps toward your goal.

ASK: What small steps can I take to get to my goal?

Examples: Visit places and look for job openings on the Internet in my area.

Submit applications for jobs at places I want to work.

Write résumé.

Check out benefits at places I might want to work.

Step 7. Take one action step now.

Example: Go on Internet and check for jobs in my area.



Values and Priorities List

In my own Wise Mind, I believe it is important to:

A. Attend to relationships.

1. Repair old relationships.
 2. Reach out for new relationships.
 3. Work on current relationships.
 4. End destructive relationships.
- Other: _____

B. Be part of a group.

5. Have close and satisfying relationships with others.
 6. Feel a sense of belonging.
 7. Receive affection and love.
 8. Be involved and intimate with others; have and keep close friends.
 9. Have a family; stay close to and spend time with family members.
 10. Have people to do things with.
- Other: _____

C. Be powerful and able to influence others.

11. Have the authority to approve or disapprove of what people do, or to control how resources are used.
 12. Be a leader.
 13. Make a great deal of money.
 14. Be respected by others.
 15. Be seen by others as successful; become well known; obtain recognition and status.
 16. Compete successfully with others.
 17. Be popular and accepted.
- Other: _____

D. Achieve things in life.

18. Achieve significant goals; be involved in undertakings I believe are significant.
 19. Be productive.
 20. Work toward goals; work hard.
 21. Be ambitious.
- Other: _____

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E. **Live a life of pleasure and satisfaction.**

22. Have a good time.
23. Seek fun and things that give pleasure.
24. Have free time.
25. Enjoy the work I do.
 Other: _____
-

F. **Keep life full of exciting events, relationships, and things.**

26. Try new and different things in life.
27. Be daring and seek adventures.
28. Have an exciting life.
 Other: _____
-

G. **Behave respectfully.**

29. Be humble and modest; do not draw attention to myself.
30. Follow traditions and customs; behave properly.
31. Do what I am told and follow rules.
32. Treat others well.
 Other: _____
-

H. **Be self-directed.**

33. Follow my own path in life.
34. Be innovative, think of new ideas, and be creative.
35. Make my own decisions and be free.
36. Be independent; take care of myself and those I am responsible for.
37. Have freedom of thought and action; be able to act in terms of my own priorities.
 Other: _____
-

I. **Be a spiritual person.**

38. Make room in life for spirituality; live life according to spiritual principles.
39. Practice a religion or faith.
40. Grow in understanding of myself, my personal calling, and life's real purpose.
41. Discern and do the will of God (or a higher power) and find lasting meaning in life.
 Other: _____
-

J. **Be secure.**

42. Live in secure and safe surroundings.
43. Be physically healthy and fit.
44. Have a steady income that meets my own and my family's basic needs.
 Other: _____
-

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K. Recognize the universal good of all things.

45. Be fair, treat people equally, and provide equal opportunities.
46. Understand different people; be open-minded.
47. Care for nature and the environment.
 Other: _____
-

L. Contribute to the larger community.

48. Help people and those in need; care for others' well-being; improve society.
49. Be loyal to friends and devoted to close people; be committed to a group that shares my beliefs, values, and ethical principles.
50. Be committed to a cause or to a group that has a larger purpose beyond my own.
51. Make sacrifices for others.
 Other: _____
-

M. Work at self-development.

52. Develop a personal philosophy of life.
53. Learn and do challenging things that help me grow and mature as a human being.
 Other: _____
-

N. Have integrity.

54. Be honest, and acknowledge and stand up for my personal beliefs.
55. Be a responsible person; keep my word to others.
56. Be courageous in facing and living life.
57. Be a person who pays debts to others and repairs damage I have caused.
58. Be accepting of myself, others, and life as it is; live without resentment.
 Other: _____
-

O. Other: _____



Taking Care of Your Mind by Taking Care of Your Body

Remember these as **PLEASE** skills.

**P
L**

1. Treat Physical Illness.

Take care of your body. See a doctor when necessary. Take prescribed medication.

E

2. Balance Eating.

Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.

A

3. Avoid Mood-Altering Substances.

Stay off illicit drugs, and use alcohol in moderation (if at all).

S

4. Balance Sleep.

Try to get 7–9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.

E

5. Get Exercise.

Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

Nightmare Protocol, Step by Step

When Nightmares Keep You from Sleeping

1. Practice relaxation, pleasant imagery, and coping skills first, to be sure you are ready to work on changing your nightmares.

Do progressive relaxation, paced breathing, and/or Wise Mind exercises; listen to music or guided imagery; review the distress tolerance crisis survival skills.

2. Choose a recurring nightmare you would like to work on.

This will be your target nightmare. Select a nightmare you can manage now. Put off trauma nightmares until you are ready to work with them—or, if you target a trauma nightmare, skip Step 3.

3. Write down your target nightmare.

Include sensory descriptions (sights, smells, sounds, tastes, etc.). Also include any thoughts, feelings, and assumptions about yourself during the dream.

4. Choose a changed outcome for the nightmare.

The change should occur BEFORE anything traumatic or bad happens to you or others in the nightmare. Essentially, you want to come up with a change that will prevent the bad outcome of the usual nightmare from occurring. Write an ending that will give you a sense of peace when you wake up.

Note: Changes in the nightmare can be very unusual and out of the ordinary (e.g., you might become a person with superhuman powers who is able to escape to safety or fight off attackers). Changed outcomes can include changed thoughts, feelings, or assumptions about yourself.

5. Write down the full nightmare with the changes.

6. REHEARSE and RELAX each night before going to sleep.

Rehearse the *changed* nightmare by visualizing the entire dream with the changes each night, *before* practicing relaxation techniques.

7. REHEARSE and RELAX during the day.

Visualize the entire dream with the change, and practice relaxation as often as possible during the day.

Sleep Hygiene Protocol

When You Can't Sleep, What to Do Instead of Ruminating

TO INCREASE THE LIKELIHOOD OF RESTFULNESS/SLEEP:

1. **Develop and follow a consistent sleep schedule even on weekends.** Go to bed and get up at the same times each day, and avoid anything longer than a 10-minute nap during the day.
2. **Do not use your bed in the daytime** for things like watching TV, talking on the phone, or reading.
3. **Avoid caffeine, nicotine, alcohol, heavy meals, and exercise late in the day** before going to sleep.
4. **When prepared to sleep, turn off the light, and keep the room quiet and the temperature comfortable and relatively cool.** Try an electric blanket if you are cold; putting your feet outside of the blanket or turning on a fan directed toward your bed if you are hot; or wearing a sleeping mask, using earplugs, or turning on a "white noise" machine if needed.
5. **Give yourself half an hour to at most an hour to fall asleep.** If it doesn't work, evaluate whether you are calm, or anxious (even if only "background anxiety"), or ruminating.
6. **DO NOT CATASTROPHIZE.** Remind yourself that you need rest, and aim for reverie (i.e., dreaminess) and resting your brain. Sell yourself on the idea that staying awake is not a catastrophe. Do not decide to give up on sleeping for the night and get up for the "day."

IF YOU ARE CALM BUT WIDE AWAKE:

7. **Get out of bed; go to another room and read a book** or do some other activity that will not wake you up further. As you begin to get tired and/or sleepy, go back to bed.
8. **Try a light snack** (e.g., an apple).

IF YOU ARE ANXIOUS OR RUMINATING

9. **Use the cold water TIP skill. Get right back in bed and do the paced breathing TIP skill.**
(See *Distress Tolerance Handout 6: TIP Skills: Changing Your Body Chemistry*.)
Remember, if you have any medical condition, get medical approval before using cold water.
10. **Try the 9–0 meditation practice.** Breathe in deeply and breathe out slowly, saying in your mind the number 9. On the next breath out, say 8; then say 7; and so on until you breathe out saying 0. Then start over, but this time start with 8 (instead of 9) as you breathe out, followed by 7, and so on until you reach 0. Next start with 6 as you breathe out, and so on to 0. Then start with 5, then with 4, and so on until you have gone all the way down to starting with 1. (If you get lost, start over with the last number you remember.) Continue until you fall asleep.
11. **Focus on the bodily sensation** of the rumination (rumination is often escape from difficult emotional sensations).
12. **Reassure yourself** that worries in the middle of the night are just "middle-of-the-night-thinking," and that in the morning you will think and feel differently.
13. **Read an emotionally engrossing novel** for a few minutes until you feel somewhat tired. Then stop reading, close your eyes, and try to continue the novel in your head.
14. **If rumination doesn't stop,** follow these guidelines: "If it's solvable, solve it. If it is insolvable, go deep into the worry all the way to the "catastrophe"—the very worst outcome you can imagine—and then imagine coping ahead with the catastrophe.

(See *Emotion Regulation Handout 19: Build Mastery and Cope Ahead*.)

If nothing else works, with eyes closed, listen to public radio (BBC, NPR, etc.) at low volume (use headphones if necessary). Public radio is a good choice for this, because there is little fluctuation in voice tone or volume.

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**Overview:
Managing Really Difficult Emotions**

MINDFULNESS OF CURRENT EMOTIONS

Suppressing emotion increases suffering.

Mindfulness of current emotions is the path to emotional freedom.

MANAGING EXTREME EMOTIONS

Sometimes emotional arousal is so high that you can't use any skills, particularly if the skills are complicated or take any thought on your part.

This is a skills breakdown point.

Crisis survival skills are needed.

TROUBLESHOOTING AND REVIEW

There are many ways to change emotions.

It can be helpful to have a list of the important skills to look at when you can't remember the skills you need to regulate your emotions.



Mindfulness of Current Emotions: Letting Go of Emotional Suffering

OBSERVE YOUR EMOTION

- Step back and just notice your emotion.
- Experience your emotion as a **WAVE**, coming and going.
- Now imagine surfing the emotion wave.

- Try not to **BLOCK** or **SUPPRESS** the emotion.
- Don't try to **GET RID** of or **PUSH** away the emotion.

- Don't try to **KEEP** the emotion around.
- Don't **HOLD ON** to it.
- Don't **AMPLIFY** it.

PRACTICE MINDFULNESS OF BODY SENSATIONS

- Notice **WHERE** in your body you are feeling emotional sensations.
- Experience the **SENSATIONS** as fully as you can.
- Observe how **LONG** it takes before the emotion goes down.

REMEMBER: YOU ARE NOT YOUR EMOTION

- Do not necessarily **ACT** on your emotion.
- Remember times when you have felt **DIFFERENT**.

PRACTICE LOVING YOUR EMOTION

- **RESPECT** your emotion.
- Do not **JUDGE** your emotion.
- Practice **WILLINGNESS**.
- Radically **ACCEPT** your emotion.