

DBT SKILLS TRAINING MANUAL FOR ADOLESCENTS

DBT SKILLS TRAINING MANUAL FOR ADOLESCENTS UNLOCKING YOUR POTENTIAL A GUIDE TO DEVELOPING ESSENTIAL LIFE SKILLS LIFE CAN THROW SOME PRETTY WILD CURVEBALLS RIGHT ONE MINUTE YOU'RE CRUISING ALONG THE NEXT YOU'RE FACED WITH A CHALLENGE THAT MAKES YOU FEEL LIKE YOU'RE ABOUT TO LOSE YOUR COOL BUT GUESS WHAT YOU'VE GOT THIS THIS GUIDE IS YOUR SECRET WEAPON FOR NAVIGATING THE UPS AND DOWNS OF LIFE HELPING YOU BECOME THE BEST VERSION OF YOURSELF WELL EXPLORE SOME ESSENTIAL LIFE SKILLS THAT WILL NOT ONLY BOOST YOUR CONFIDENCE BUT ALSO EQUIP YOU TO THRIVE IN ANY SITUATION 1 COMMUNICATION THE KEY TO CONNECTION TALK THE TALK BEING A GOOD COMMUNICATOR MEANS MORE THAN JUST GETTING YOUR POINT ACROSS IT'S ABOUT LISTENING ACTIVELY UNDERSTANDING DIFFERENT PERSPECTIVES AND EXPRESSING YOURSELF CLEARLY PRACTICE ACTIVE LISTENING PAY ATTENTION ASK CLARIFYING QUESTIONS AND SHOW YOU'RE ENGAGED DEVELOP YOUR EMPATHY MUSCLES PUT YOURSELF IN OTHER PEOPLE'S SHOES AND TRY TO UNDERSTAND THEIR POINT OF VIEW EXPRESS YOURSELF CONFIDENTLY USE I STATEMENTS TO SHARE YOUR FEELINGS AND OPINIONS WRITE IT DOWN SOMETIMES WORDS ON PAPER ARE MORE POWERFUL THAN SPOKEN ONES JOURNALING A JOURNAL CAN BE YOUR SAFE SPACE FOR PROCESSING THOUGHTS AND FEELINGS EXPRESSING GRATITUDE WRITE DOWN WHAT YOU'RE THANKFUL FOR TO BOOST YOUR MOOD AND FOCUS ON THE POSITIVE TECH TALK SOCIAL MEDIA IS A BIG PART OF LIFE TODAY BUT IT'S IMPORTANT TO USE IT WISELY BE MINDFUL OF WHAT YOU POST THINK BEFORE YOU HIT SEND TO AVOID REGRETS BE RESPECTFUL AVOID CYBERBULLYING AND PROMOTE POSITIVE INTERACTIONS ONLINE 2 PROBLEMSOLVING TACKLING CHALLENGES HEADON IDENTIFY THE PROBLEM THE FIRST STEP IS FIGURING OUT WHAT'S GOING ON BREAK IT DOWN DIVIDE THE PROBLEM INTO SMALLER MORE MANAGEABLE PIECES GATHER INFORMATION WHAT DO YOU NEED TO KNOW TO UNDERSTAND THE SITUATION BRAINSTORM SOLUTIONS DON'T BE AFRAID TO GET CREATIVE THINK OUTSIDE THE BOX EXPLORE UNCONVENTIONAL SOLUTIONS CONSIDER PROS AND CONS

WEIGH THE ADVANTAGES AND DISADVANTAGES OF EACH OPTION 2 TAKE ACTION DONT LET YOUR PROBLEM SIT THERE GET MOVING SET REALISTIC GOALS DONT TRY TO TACKLE TOO MUCH AT ONCE CELEBRATE YOUR SUCCESSES ACKNOWLEDGE YOUR PROGRESS AND KEEP PUSHING FORWARD 3 TIME MANAGEMENT MASTERING YOUR SCHEDULE PRIORITIZE PRIORITIZE PRIORITIZE FIGURE OUT WHATS MOST IMPORTANT AND FOCUS ON THOSE TASKS FIRST USE A PLANNER WHETHER ITS A PHYSICAL PLANNER OR A DIGITAL CALENDAR STAYING ORGANIZED IS KEY SET DEADLINES HAVING CLEAR DEADLINES CAN HELP YOU STAY MOTIVATED AND ON TRACK AVOID PROCRASTINATION DONT PUT THINGS OFF UNTIL THE LAST MINUTE YOULL ONLY CREATE MORE STRESS FOR YOURSELF BREAK DOWN BIG TASKS CHUNK LARGER PROJECTS INTO SMALLER MORE MANAGEABLE PIECES REWARD YOURSELF GIVE YOURSELF A LITTLE TREAT FOR COMPLETING TASKS TO STAY MOTIVATED BALANCE IS KEY MAKE SURE YOURE ALLOCATING ENOUGH TIME FOR ALL THE IMPORTANT THINGS IN YOUR LIFE SCHEDULE TIME FOR HOBBIES AND RELAXATION TAKING BREAKS AND PURSUING YOUR INTERESTS IS ESSENTIAL FOR WELLBEING SET BOUNDARIES LEARN TO SAY NO TO PROTECT YOUR TIME AND ENERGY 4 TEAMWORK WORKING TOGETHER FOR SUCCESS EFFECTIVE COMMUNICATION IS ESSENTIAL CLEAR COMMUNICATION IS THE FOUNDATION OF ANY SUCCESSFUL TEAM BE A GOOD LISTENER PAY ATTENTION TO WHAT OTHERS HAVE TO SAY EXPRESS YOURSELF RESPECTFULLY USE I STATEMENTS TO SHARE YOUR THOUGHTS AND FEELINGS COLLABORATION IS KEY WORKING TOGETHER TO ACHIEVE A COMMON GOAL IS CRUCIAL VALUE DIVERSE PERSPECTIVES EMBRACE THE UNIQUE STRENGTHS AND IDEAS OF YOUR TEAMMATES BE WILLING TO COMPROMISE FIND SOLUTIONS THAT WORK FOR EVERYONE RESPECT FOR EVERYONE TREATING EACH OTHER WITH RESPECT IS ESSENTIAL FOR BUILDING A POSITIVE AND PRODUCTIVE TEAM ENVIRONMENT BE INCLUSIVE MAKE SURE EVERYONE FEELS VALUED AND HEARD SHOW APPRECIATION ACKNOWLEDGE THE CONTRIBUTIONS OF YOUR TEAMMATES 5 EMOTIONAL INTELLIGENCE UNDERSTANDING YOURSELF AND OTHERS RECOGNIZE YOUR EMOTIONS PAY ATTENTION TO HOW YOU FEEL AND IDENTIFY THE TRIGGERS BEHIND THOSE EMOTIONS PRACTICE SELF-AWARENESS BECOME MINDFUL OF YOUR THOUGHTS FEELINGS AND BEHAVIORS LEARN HEALTHY COPING MECHANISMS FIND CONSTRUCTIVE WAYS TO MANAGE STRESS AND DIFFICULT EMOTIONS 3 EMPATHY IS ESSENTIAL TRY TO UNDERSTAND THE EMOTIONS AND PERSPECTIVES OF OTHERS PUT YOURSELF IN THEIR SHOES

IMAGINE HOW YOU WOULD FEEL IF YOU WERE IN THEIR SITUATION PRACTICE ACTIVE LISTENING SHOW THAT YOU CARE AND ARE PAYING ATTENTION MANAGE YOUR EMOTIONS EFFECTIVELY DEVELOP THE ABILITY TO CONTROL YOUR IMPULSES AND RESPOND TO SITUATIONS IN A CALM AND COLLECTED MANNER TAKE A STEP BACK IF YOU'RE FEELING OVERWHELMED GIVE YOURSELF SOME SPACE BEFORE REACTING USE POSITIVE SELFTALK CHALLENGE NEGATIVE THOUGHTS WITH MORE REALISTIC AND OPTIMISTIC ONES 6 DECISIONMAKING MAKING CHOICES WITH CONFIDENCE GATHER INFORMATION MAKE SURE YOU HAVE ALL THE FACTS BEFORE MAKING A DECISION RESEARCH GATHER INFORMATION FROM RELIABLE SOURCES ASK FOR ADVICE TALK TO TRUSTED FRIENDS FAMILY MEMBERS OR MENTORS WEIGH YOUR OPTIONS CONSIDER THE POTENTIAL CONSEQUENCES OF EACH CHOICE LIST THE PROS AND CONS ANALYZE THE ADVANTAGES AND DISADVANTAGES OF EACH OPTION PRIORITIZE YOUR VALUES ALIGN YOUR DECISION WITH WHAT'S IMPORTANT TO YOU TRUST YOUR GUT OFTEN YOUR INTUITION CAN GUIDE YOU TOWARDS THE RIGHT CHOICE BE AWARE OF YOUR FEELINGS PAY ATTENTION TO YOUR GUT INSTINCTS DON'T BE AFRAID TO CHANGE YOUR MIND IF YOU FEEL LIKE YOU MADE THE WRONG DECISION IT'S OKAY TO ADJUST COURSE 7 RESILIENCE BOUNCING BACK FROM SETBACKS EMBRACE CHALLENGES VIEW SETBACKS AS OPPORTUNITIES TO LEARN AND GROW FOCUS ON WHAT YOU CAN CONTROL DON'T DWELL ON THINGS YOU CAN'T CHANGE LEARN FROM YOUR MISTAKES ANALYZE YOUR EXPERIENCES AND FIND WAYS TO IMPROVE DON'T GIVE UP PERSISTENCE IS KEY TO OVERCOMING OBSTACLES SET SMALL ACHIEVABLE GOALS BREAK DOWN BIG CHALLENGES INTO SMALLER STEPS CELEBRATE YOUR SUCCESSES RECOGNIZE YOUR PROGRESS AND KEEP PUSHING FORWARD BUILD A SUPPORT SYSTEM SURROUND YOURSELF WITH POSITIVE AND SUPPORTIVE PEOPLE REACH OUT TO FRIENDS AND FAMILY TALK TO PEOPLE WHO CARE ABOUT YOU SEEK PROFESSIONAL HELP WHEN NEEDED THERAPISTS AND COUNSELORS CAN PROVIDE GUIDANCE AND SUPPORT REMEMBER THESE ARE JUST A FEW OF THE MANY ESSENTIAL LIFE SKILLS THAT WILL HELP YOU SUCCEED BY CONTINUOUSLY LEARNING AND DEVELOPING THESE ABILITIES YOU'LL UNLOCK YOUR FULL POTENTIAL AND NAVIGATE LIFE'S JOURNEY WITH CONFIDENCE AND RESILIENCE 4

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