ABC PLEASE, POSITIVE EXPERIENCES, AND VALUES/ PRIORITIES

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ABC

- Accumulating positive experiences (short and long term)
- Building Mastery
- Cope Ahead

PLEASE

- Reducing vulnerability factors through treating the following:
  - Physical Illness
  - Eating
  - Mood Altering Substances
  - Sleep
  - Exercise

ACCUMULATING POSITIVE EXPERIENCES

SHORT TERM

- Do things that are possible right now
- Pleasant activities = positive emotions
- Be mindful during these experiences

LONG TERM

- Pleasant activities in the long term help us build our life worth living
- Pick a goal, identify small steps that will move you toward that goal, and take the first step!

POSITIVE EXPERIENCES IN THE SHORT TERM

- Pleasant activities in the short term can help keep you going when thing get rough.
- Set aside worries and don’t think about how the positive experiences/ emotions will eventually end.
- Be mindful and fully participate. Turn your mind back to the experience if your mind wanders.
- Don’t add judgements about if you “deserve” the experience or what demands you have waiting in the background.



WISE MIND VALUES AND PRIORITIES

Knowing our wise mind values and priorities help us identify out long term goals

- When we know what our wise mind goals are, we can make changes in our lives that will bring more positive experiences
- Everyone’s values and priorities are different, and that’s okay!
    - What are yours? How do these relate to goals and positive experiences?

BUILDING MASTERY



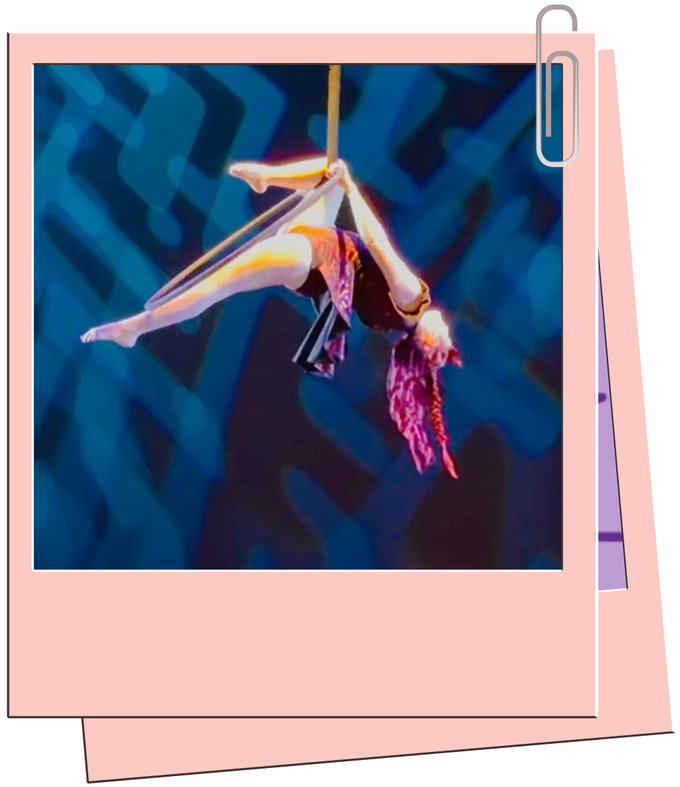


WHAT IS MASTERY?

Definition: “comprehensive knowledge or skill in a subject or accomplishment”

- Challenge yourself a little, feel competent and in control of something (in an effective way!), and build a positive experience in the process
- Examples: learning an instrument, doing a home improvement project, learning an “adulting” skill

HOW CAN YOU BUILD MASTERY?

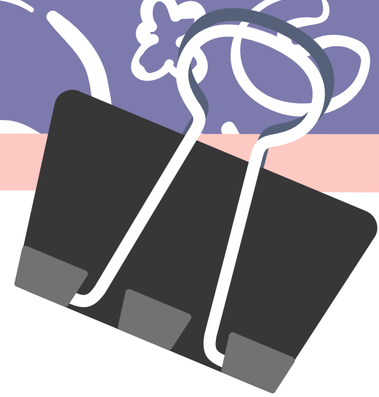




- Start small and work your way up
  - Be realistic!
- Plan for success, not failure
  - make it a challenge, but still possible
- Don’t get discouraged if you aren’t able to immediately meet your goals

COPE AHEAD

PROCESS



1

Describe the situation that might cause negative emotions.

CHECK THE FACTS!

2

Decide what DBT skills you want to use. Do some problem solving.

BE SPECIFIC!

3

Imagine the situation in your head as vividly as possible. Imagine yourself in the situation right now.

PROCESS

4

Rehearse exactly what you could do to cope. Rehearse your actions, thoughts, what you want to say, and how you want to say it.

TROUBLESHOOT!

5

Take care of yourself. That may have been stressfull to do, and that's okay.

What skills can you use to bring yourself back to baseline?

PRACTICE

01

Describe the situation in detail

02

Decide what skills you’re going to use

03

Imagine yourself in the situation

04

Rehearse how you will cope, act, and troubleshoot in the situation

05

Self-soothe and ground yourself

PLEASE



PHYSICAL ILLNESS

- Take care of your body
- Take medication (as prescribed)
- See a doctor when you need to
- Are you able to be effective while you're sick?

BALANCED EATING

- Don't eat too much or too little
- Stay away from foods that might make you sick or emotional
- Eat nutritious food
- Are you able to be effective when you're hangry?

MOOD ALTERING SUBSTANCES

- Stay away from things like alcohol, marijuana, and other drugs
  - What about using in moderation?
- Are you able to be effective if you aren't sober?

SLEEP

- Try to get the amount of sleep you need to stay rested
- Work on sleep hygiene/ sticking to routines
- Napping: good for rest or not-so-healthy coping?
- Are you able to be effective while you're too tired?

EXERCISE

- Try to get exercise every day
- Is this feasible?
- What if exercise isn't healthy for us? (target behavior)
- Building mastery, anyone??

THOUGHTS?

- Which of these do you already do?
- What has happened when you haven't used this skill?
- Which is hardest for you?
- What if you can't do all of them?


THANK YOU