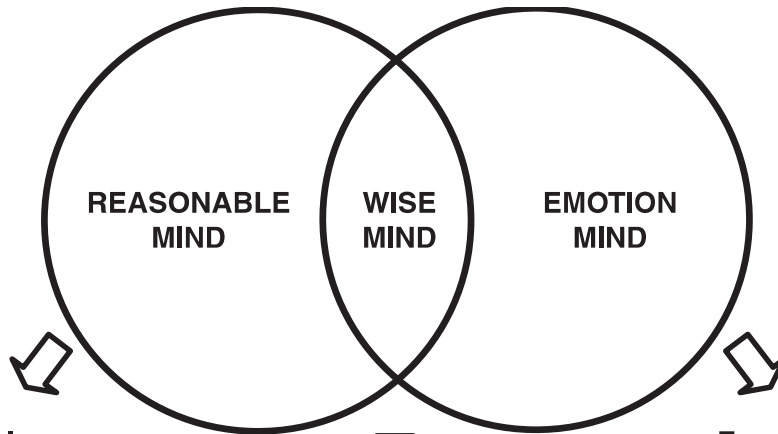




## Wise Mind: States of Mind



**Reasonable Mind Is:**

**Cool**

**Rational**

**Task-Focused**

**When in *reasonable mind*,** you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

**Emotion Mind Is:**

**Hot**

**Mood-Dependent**

**Emotion-Focused**

**When in *emotion mind*,** you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.

**Wise Mind Is:**

The wisdom within each person

Seeing the value of both reason and emotion

Bringing left brain and right brain together

The middle path

## Ideas for Practicing Wise Mind

The mindfulness skills often require a *lot* of practice. As with any new skill, it is important to first practice when you don't need the skill. If you practice in easier situations, the skill will become automatic, and you will have the skill when you need it. Practice with your eyes closed and with your eyes open.

1.  **Stone flake on the lake.** Imagine that you are by a clear blue lake on a beautiful sunny day. Then imagine that you are a small flake of stone, flat and light. Imagine that you have been tossed out onto the lake and are now gently, slowly, floating through the calm, clear blue water to the lake's smooth, sandy bottom.
  - Notice what you see, what you feel as you float down, perhaps in slow circles, floating toward the bottom. As you reach the bottom of the lake, settle your attention there within yourself.
  - Notice the serenity of the lake; become aware of the calmness and quiet deep within.
  - As you reach the center of your self, settle your attention there.
  
2.  **Walking down the spiral stairs.** Imagine that within you is a spiral staircase, winding down to your very center. Starting at the top walk very slowly down the staircase, going deeper and deeper within yourself.
  - Notice the sensations. Rest by sitting on a step, or turn on lights on the way down if you wish. Do not force yourself further than you want to go. Notice the quiet. As you reach the center of your self, settle your attention there—perhaps in your gut or your abdomen.
  
3.  **Breathing “Wise” in, “Mind” out.** Breathing in, say to yourself, “Wise”; breathing out, say “Mind.”
  - Focus your entire attention on the word “wise,” then, focus it again entirely on the word “mind.”
  - Continue until you sense that you have settled into Wise Mind.
  
4.  **Asking Wise Mind a question.** Breathing in, silently ask Wise Mind a question.
  - Breathing out, listen for the answer.
  - Listen, but do not give yourself the answer. Do not tell yourself the answer; listen for it.
  - Continue asking on each in-breath for some time. If no answer comes, try again another time.

*(continued on next page)*

## MINDFULNESS HANDOUT 3A (p. 2 of 2)

5.  **Asking is this Wise Mind?** Breathing in, ask yourself, “Is this (action, thought, plan, etc.) Wise Mind?”
- Breathing out, listen for the answer.
  - Listen, but do not give yourself the answer. Do not tell yourself the answer; listen for it.
  - Continue asking on each in-breath for some time. If no answer comes, try again another time.
6.  **Attending to your breath coming in and out, let your attention settle into your center.**
- Breathing in completely, notice and follow the sensations of your breath coming in.
  - Let your attention settle into your center, at the bottom of your breath, at your solar plexus—*or*
  - Let your attention settle in the center of your forehead, your “third eye,” at the top of your breath.
  - Keeping your attention at your center, exhale, breathing normally, maintaining attention.
  - Settle into Wise Mind.
7.  **Expanding awareness.** Breathing in, focus your awareness on your center.
- Breathing out, stay aware of your center, but expand awareness to the space you are in now.
  - Continue on in the moment.
8.  **Dropping into the pauses between inhaling and exhaling.**
- Breathing in, notice the pause after inhaling (top of breath).
  - Breathing out, notice the pause after exhaling (bottom of breath).
  - At each pause, let yourself “fall into” the center space within the pause.

9.  **Other Wise Mind practice ideas:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## TIP Skills: Changing Your Body Chemistry

To reduce extreme emotion mind *fast*.

Remember these as TIP skills:

**T**

### **TIP THE TEMPERATURE of your face with COLD WATER\*** (to calm down fast)

- Holding your breath, put your face in a bowl of cold water, or hold a cold pack (or zip-lock bag of cold water) on your eyes and cheeks.
- Hold for 30 seconds. Keep water above 50°F.

**I**

### **INTENSE EXERCISE\*** (to calm down your body when it is revved up by emotion)

- Engage in intense exercise, if only for a short while.
- Expend your body's stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc.

**P**

### **PACED BREATHING** (pace your breathing by slowing it down)

- Breathe deeply into your belly.
- Slow your pace of inhaling and exhaling way down (on average, five to six breaths per minute).
- Breathe *out* more slowly than you breathe *in* (for example, 5 seconds in and 7 seconds out).

### **PAIRED MUSCLE RELAXATION** (to calm down by pairing muscle relaxation with breathing out)

- While breathing into your belly deeply tense your body muscles (*not* so much as to cause a cramp).
- Notice the tension in your body.
- While breathing out, say the word "Relax" in your mind.
- Let go of the tension.
- Notice the difference in your body.

**\*Caution:** Very cold water decreases your heart rate rapidly. Intense exercise will increase heart rate. Consult your health care provider before using these skills if you have a heart or medical condition, a lowered base heart rate due to medications, take a beta-blocker, are allergic to cold, or have an eating disorder.

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# DISTRESS TOLERANCE HANDOUT 6A

([Distress Tolerance Worksheet 4](#))

## Using Cold Water, Step by Step

### COLD WATER CAN WORK WONDERS\*

When you put your full face into cold water . . . **or** you put a zip-lock bag with cold water on your eyes and upper cheeks, and **hold your breath**, it tells your brain you are diving underwater.

This causes the “**dive response**” to occur. (It may take 15–30 seconds to start.)

Your heart slows down, blood flow to nonessential organs is reduced, and blood flow is redirected to the brain and heart.

This response can actually help **regulate your emotions**.

This will be useful as a **distress tolerance strategy** when you are having a very **strong, distressing emotion**, or when you are having very **strong urges to engage in dangerous behaviors**.

(This strategy works best when you are sitting quietly—activity and distraction may make it less effective.)

**TRY IT OUT!**

**\*Caution:** Very cold water decreases your heart rate. If you have any heart or medical condition, have a lowered base heart rate due to medications, or are on a beta-blocker, consult your health care provider before using these skills. Avoid ice water if you are allergic to the cold.

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# DISTRESS TOLERANCE HANDOUT 6B

(Distress Tolerance Worksheet 4a)

## Paired Muscle Relaxation, Step by Step

If you have decided to practice **paired muscle relaxation**, it can be very helpful to practice relaxing each of your muscles first.

**When you are starting**, practice in a quiet place to reduce distractions, and make sure that you have enough time. As you improve with practice, you will want to practice in many different kinds of places, so that you can relax effectively when you most need to.

**Remember that effectiveness improves with practice.** If judgments arise, observe them, let them go, and return to your practice. If you become anxious, try focusing on breathing *in* to the count of 5 and *out* to the count of 7 (or the counts you have already determined for paced breathing), breathing all the while into your belly until you can return to relaxation exercises.

**Now that you are ready to begin . . .**

1. Get your body into a comfortable position in which you can relax. Loosen tight clothing. Lie or sit down, with all body parts uncrossed and no body part supporting any others.
2. For each area of the body listed below, gather tension by tightening muscles. Focus on the sensation of tightness in and around that area. Hold the tension as you inhale for 5–6 seconds, then release and breathe out.
3. As you release, say in your mind very slowly the word “Relax.”
4. Observe the changes in sensations as you relax for 10–15 seconds then move on to the next muscle.

Start first with each of the 16 muscle groups.

Once you can do that, practice with medium groups of muscles and then large groups.

Once you are good at that, practice tensing your entire body at once.

When you tense your entire body, you are like a robot—stiff, nothing moving.

When you relax your entire body, you are like a rag doll—all muscles drooping down.

Once you can relax all your muscles, practice three or four times a day until you can routinely relax your entire body rapidly.

By practicing pairing exhaling and the word “Relax” with relaxing your muscles, you will eventually be able to relax just by letting go and saying the word “Relax.”

Large  
Medium  
Small

1. Hands and wrists: Make fists with both hands and pull fists up on the wrists.
2. Lower and upper arms: Make fists and bend both arms up to touch your shoulders.
3. Shoulders: Pull both shoulders up to your ears.
4. Forehead: Pull eyebrows close together, wrinkling forehead.
5. Eyes: Shut eyes tightly.
6. Nose and upper cheeks: Scrunch up nose; bring upper lips and cheeks up toward eyes.
7. Lips and lower face: Press lips together; bring edges of lips back toward ears.
8. Tongue and mouth: Teeth together; tongue pushing on upper mouth.
9. Neck: Push head back into chair, floor, or bed, or push chin down to chest.
10. Chest: Take deep breath and hold it.
11. Back: Arch back, bringing shoulder blades together.
12. Stomach: Hold stomach in tightly.
13. Buttocks: Squeeze buttocks together.
14. Upper legs and thighs: Legs out; tense thighs.
15. Calves: Legs out; point toes down.
16. Ankles: Legs out; point toes together, heels out, toes curled under.

**Remember**, paired relaxation is a skill. It takes time to develop. With practice, you will notice the benefits.

*Note.* Adapted from Smith, R. E. (1980). Development of an integrated coping response through cognitive–affective stress management training. In I. G. Sarason & C. D. Spielberger (Eds.), *Stress and anxiety* (Vol. 7, pp. 265–280). Washington, DC: Hemisphere. Copyright 1980 by Hemisphere Publishing Corporation. Adapted by permission.

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# DISTRESS TOLERANCE HANDOUT 9



(Distress Tolerance Worksheets 7, 7a, 7b)

## Improving the Moment

A way to remember these skills is the word **IMPROVE**.

### With Imagery:

- Imagine very relaxing scenes.
- Imagine a secret room within yourself. Furnish it the way you like. Close and lock the door on anything that can hurt you.
- Imagine everything going well.
- Make up a calming fantasy world.
- Imagine hurtful emotions draining out of you like water out of a pipe.
- Remember a happy time and imagine yourself in it again; play out the time in your mind again.
- Other: \_\_\_\_\_

### With Meaning:

- Find purpose or meaning in a painful situation.
- Focus on whatever positive aspects of a painful situation you can find.
- Repeat these positive aspects in your mind.
- Remember, listen to, or read about spiritual values.
- Other: \_\_\_\_\_

### With Prayer:

- Open your heart to a supreme being, God, or your own Wise Mind.
- Ask for strength to bear the pain.
- Turn things over to God or a higher being.
- Other: \_\_\_\_\_

### With Relaxing actions:

- Take a hot bath or sit in a hot tub.
- Drink hot milk.
- Massage your neck and scalp.
- Practice yoga or other stretching.
- Breathe deeply.
- Change your facial expression.
- Other: \_\_\_\_\_

### With One thing in the moment:

- Focus your entire attention on just what you are doing.
- Keep yourself in the moment.
- Put your mind in the present.
- Focus your entire attention on the physical
- Listen to a sensory awareness recording (or use Distress Tolerance Handout 9a)
- Other: \_\_\_\_\_

### With a brief Vacation:

- Give yourself a brief vacation.
- Get in bed; pull the covers up over your head.
- Go to the beach or the woods for the day.
- Get a magazine and read it with chocolates.
- Turn off your phone for a day.
- Take a blanket to the park and sit on it for a whole afternoon.
- Take a 1-hour breather from hard work.
- Take a brief vacation from responsibility.
- Other: \_\_\_\_\_

### With self-Encouragement and rethinking the situation:

- Cheerlead yourself: "You go, girl!" "You da man!"
- "I will make it out of this."
- "I'm doing the best I can."
- Repeat over and over: "I can stand it."
- "This too shall pass."
- "I will be OK."
- "It won't last forever."
- Other: \_\_\_\_\_

List (and then practice) rethoughts that are particularly important in your crisis situations (e.g., "The fact that he did not pick me up doesn't mean he doesn't love me"):

- \_\_\_\_\_
- \_\_\_\_\_

# DISTRESS TOLERANCE HANDOUT 9A

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## Sensory Awareness, Step by Step

Find a comfortable position. Staying in this position, listen to the questions below, listening for your response after each question. If you do not have a recording of these questions, you can make one for yourself (or ask a friend to make one), recording each question with about 5 seconds between each question.

1. Can you feel your hair touching your head?
2. Can you feel your belly rising and falling as you breathe?
3. Can you feel the space between your eyes?
4. Can you feel the distance between your ears?
5. Can you feel your breath touching the back of your eyes while you inhale?
6. Can you picture something far away?
7. Can you notice your arms touching your body?
8. Can you feel the bottoms of your feet?
9. Can you imagine a beautiful day at the beach?
10. Can you notice the space within your mouth?
11. Can you notice the position of your tongue in your mouth?
12. Can you feel a breeze against your cheek?
13. Can you feel how one arm is heavier than the other?
14. Can you feel a tingling or numbness in one hand?
15. Can you feel how one arm is more relaxed than the other?
16. Can you feel a change in the temperature in the air around you?
17. Can you feel how your left arm is warmer than the right?
18. Can you imagine how it would feel to be a rag doll?
19. Can you notice any tightness in your left forearm?
20. Can you imagine something very pleasant?
21. Can you imagine what it would feel like to float on a cloud?
22. Can you imagine what it would feel like to be stuck in molasses?
23. Can you picture something far away?
24. Can you feel a heaviness in your legs?
25. Can you imagine floating in warm water?
26. Can you notice your body hanging on your bones?
27. Can you allow yourself to drift lazily?
28. Can you feel your face getting soft?
29. Can you imagine a beautiful flower?
30. Can you feel how one arm and leg are heavier than the other?

*Note.* Items 29 and 30 are adapted from Goldfried, M. R., & Davison, G. C. (1976). *Clinical behavior therapy*. New York: Holt, Rinehart & Winston. Copyright 1976 by Marvin R. Goldfried and Gerald C. Davison. Adapted by permission of the authors.

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