




















Name of skill (category)	Description	Worksheet
The Five Senses (mindfulness)	This is a short and simple grounding technique that evokes a present-focused mindful state.	 The-Five-Senses-Worksheet.pdf
PMR (relaxation/distress tolerance)	When we feel anxious, our body tends to tense up. This is a skill to help relax the mind by relaxing the body. Can be used in times of high distress to tolerate anxiety. Can also be used to help fall asleep. Can be used at high intensity emotion (8+)	Script:  progressive-muscle-relaxation-script.pdf Guided video:  Progressive Muscle Relaxation Training
Body Scan (mindfulness)	This is another grounding technique that evokes mindfulness of one's current body state.	Script:  body-awareness-exercise.pdf Guided video:  3 Minutes Body Scan Meditation - Min...
Imagery (distress tolerance/relaxation)	This practice is meant to induce relaxation by imagining one's "happy place" using all five senses	Worksheet:  Special-Place-Guided-Imagery.pdf Guided video: Grounded - Happy Place Visualisation on Vimeo
Leaves on a stream (mindfulness)	A practice for mindfulness of current thoughts	 leaves-on-a-stream-worksheet.pdf
Paced breathing (relaxation/distress tolerance)	A practice to slow down breathing to decrease heart rate. Can be used at high intensity emotions (8+)	 deep-breathing-worksheet.pdf  deep-breathing-instructions.pdf
Temperature (distress tolerance)	A tool to distract from high intensity emotions (8+).	 ice-cube-exercise.pdf

tolerance)	Activates the parasympathetic nervous system to induce calm. For this skill, we would lead everyone in an experiential exercise.	 T.I.P.P.pdf
The Wave Skill (mindfulness)	A skill to allow emotions to come and go like waves. By accepting the emotion without pushing away or holding onto it, you can allow it to pass naturally.	Worksheet: DBT skills manual worksheet Guided video:  "Ride the Wave"  Guided Meditation
Intense Exercise (distress tolerance)	A tool to distract from high intensity emotions (8+). For this skill, we would lead everyone in an experiential exercise.	 T.I.P.P.pdf
Identifying thinking traps (cognitive coping)	These are common thinking traps. It can be helpful to build awareness of these thinking traps and note when they are happening. A skill for lower level emotion. This is a skill that would be helpful for both teens and parents.	 types-of-thinking-traps.pdf
Check the facts/Coping thoughts (cognitive coping)	This is next in the sequence from identifying thinking traps. This skill allows you to question your negative thinking traps and identify more helpful coping thoughts.	 easy-steps-to-catch-ants.pdf  5-steps-to-untwisting-your-thinking.pdf
Mindful breathing exercise (mindfulness/relaxation)	This is a breathing exercise that helps to focus attention while breathing.	 lazy-8-breathing.pdf
Mental distraction (distress tolerance)	A tool to distract from high intensity emotions (8+) by engaging your mind fully in puzzles, problems, and games.	 grounding-skills.pdf

