

# END OF WEEK 10 CHECKLIST OF SKILLS LEARNED IN THIS PROGRAMME SO FAR

## MY NOTES

Soothing Activities / awareness of Threat, Drive & Soothe systems

Opposite Action

TIPP skills (Tip temp./Intense exercise/Paced breathing/Progressive Muscle Relaxation)

Half Smile

STOP skill

COPE BETTER skills (see poster)

Self-soothe with 5 senses

FEATS skills

Challenge Myths about emotions

Validate emotions

Identify when emotions fit the facts (Opposite Action when they don't or if not effective for goals in situation)

Thoughts/Emotions/Physical Sensations/Actions cycle analysis

Check the facts of a situation

Distinguish between things I can and cannot control

Radical Acceptance

Problem Solving skill

Remind myself there is no Time Machine

Observe & Describe skills

Participation skill

One Mindfully skill (instead of multi-tasking)

Notice (and replace) unhelpful thoughts & thinking patterns

Kindness and self-compassion

Wise Mind

Dialectical Thinking

Pros and Cons