EVERYDAY LANGUAGE

From sorry to thank you

Small shifts in how we speak to ourselves and to others

INSTEAD OF	TRY
“Sorry I am late replying”	Thank you for waiting for me
“Sorry for taking up your time”	Thank you for making time for me
“Sorry I am such a mess today”	Thank you for being kind while I get through it
“Sorry for crying”	Thank you for letting me feel this here
“Sorry, I have to say no”	Thank you for respecting my limits

EMOTIONAL SKILLS

How to stay with a feeling

You do not have to fix it. You only have to notice it.

1 Name it

Say it plainly: I am feeling anxious, or sad, or angry. Naming a feeling takes some of its power.

2 Find it in your body

Where do you feel it? A tight chest, a heavy stomach, a clenched jaw. Just notice.

3 Breathe out slowly

Make your out breath longer than your in breath. This tells your body it is safe.

4 Let it be there

You do not have to push it away or fix it. Allow it to be here for now.

5 Be kind to yourself

Speak to yourself as you would to someone you love who feels this way.

6 Remember it will pass

Feelings rise, peak and fall. Even the loudest ones do not last forever.

DBT SKILLS BY DR MARSHA LINEHAN

The four parts of DBT

Part 1 of 2: mindfulness and distress tolerance. Swipe for part 2.

Mindfulness

Being fully present, without judging

Wise Mind

The calm middle ground between your emotions and your logic. You feel what you feel and still think clearly.

Observe

Notice what is happening in your body, your thoughts and around you, without reacting or trying to change it.

Describe

Put simple words to what you notice. Stick to the facts, such as “my chest is tight”, rather than the story.

Take part

Throw yourself fully into what you are doing right now, instead of watching yourself from the outside.

Distress tolerance

Getting through painful moments without making them worse

STOP

Stop. Take a step back. Observe what is happening. Proceed mindfully. A pause before you react.

TIPP

Calms your body fast. Temperature (cold water on your face), Intense exercise, Paced breathing, Paired muscle relaxation (tense, then let go).

Distraction

Give your mind something absorbing to do until the intensity eases, like a puzzle, a walk or helping someone.

Radical acceptance

Accepting reality as it is, even when you hate it. Fighting what you cannot change only adds suffering.

DBT SKILLS BY DR MARSHA LINEHAN

The four parts of DBT

Part 2 of 2: emotion regulation and interpersonal effectiveness.

Emotion regulation

Understanding your feelings and changing how strongly you feel them

Name it

Spot the emotion and label it accurately, such as “I feel ashamed” rather than “I feel bad”.

Problem solving

When something real is causing the feeling, work out what you can do about it, one step at a time.

Opposite action

Do the opposite of what the emotion urges. If anxiety says avoid, take one small step towards it.

Look after your body

Steady sleep, regular meals, movement and treating illness make big emotions easier to cope with.

Interpersonal effectiveness

Asking for what you need while keeping your relationships and self respect

DEAR MAN

A script for asking or saying no. Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate.

GIVE

Keeps the relationship strong. Be Gentle, show Interest, Validate their feelings, use an Easy manner.

FAST

Keeps your self respect. Be Fair, do not over Apologise, Stick to your values, be Truthful.

Know your priorities

Ask what matters most here: getting what you want, the relationship, or your self respect.

GENTLE REMINDERS

Reminders for hard days

Read them slowly. Read them again tomorrow.

Rest is not giving up

Small steps still count

You are allowed to take up space

Feelings pass, even the loud ones

You do not have to do this alone

Today is one day, not your whole story

TRAUMA RECOVERY

Four parts of trauma recovery

What can help, and why the order matters

1 Safety and stability

Your body and mind need to feel safe before anything else can change.

What can help: Routine, good sleep, people you trust, grounding skills.

2 Understanding

Making sense of how what happened has shaped your thoughts, feelings and reactions.

What can help: Learning how trauma affects the brain and body, and noticing what sets you off.

3 Processing

Working through painful memories with a trained therapist, at a pace that feels manageable.

What can help: Trauma focused therapy such as TF-CBT or EMDR, when you are ready.

4 Reconnecting

Rebuilding your life, your relationships and your sense of who you are.

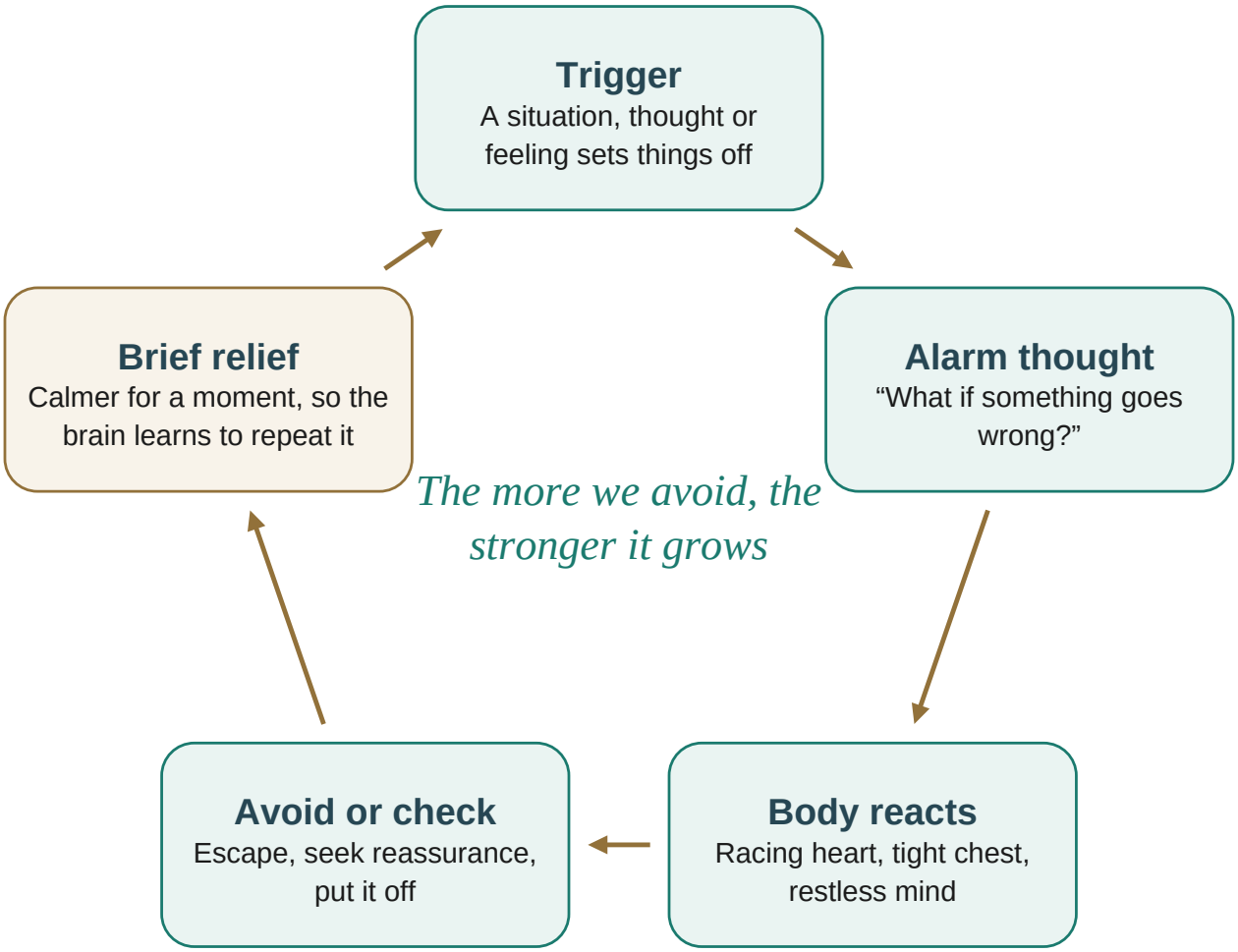
What can help: Returning to what matters to you, setting boundaries, taking small steps.

These parts overlap, and nobody moves through them in a straight line. There is no single right way to recover.

UNDERSTANDING ANXIETY

The anxiety cycle

How worry keeps itself going



To break the cycle, we stop feeding it. We face things in small steps and let anxiety rise and fall without escaping or checking.

DBT IN PLAIN LANGUAGE

Why emotions can feel so big

The biosocial idea behind DBT

BIOLOGY

Some people are born with a more sensitive nervous system. They notice emotions quickly, feel them strongly and take longer to settle.

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ENVIRONMENT

Growing up or living where feelings were dismissed, criticised or ignored teaches us that our feelings are wrong or too much.

↓

Emotional vulnerability

Feelings that are intense, come often and take longer to settle.

Intensity how strong

Frequency how often

Duration how long

The helpful side

Deep empathy, passion, creativity, loyalty and the capacity to feel joy and love fully.

The hard side

Feeling overwhelmed, acting on urges you later regret, and shame about feeling so much. None of this is a flaw, and the skills can be learned.

DBT SKILLS

Getting through the moment

Distress tolerance for when feelings are intense

STOP

When you want to react

S Stop. Pause for a moment.

T Take a step back and breathe.

O Observe what is happening inside you and around you.

P Proceed mindfully, choosing what helps.

TIPP

To calm your body quickly

T Temperature: cold water on your face.

I Intense movement for a minute or two.

P Paced breathing, out longer than in.

P Paired muscle relaxation: tense, then release.

Distract

Until the intensity eases

Do something that needs your full focus.

Help or do something kind for someone else.

Count, list or name things around you.

Watch, listen to or read something absorbing.

Radical acceptance

When you cannot change it

Fighting reality adds suffering to pain.

Acceptance is not approval. It means saying: this is happening.

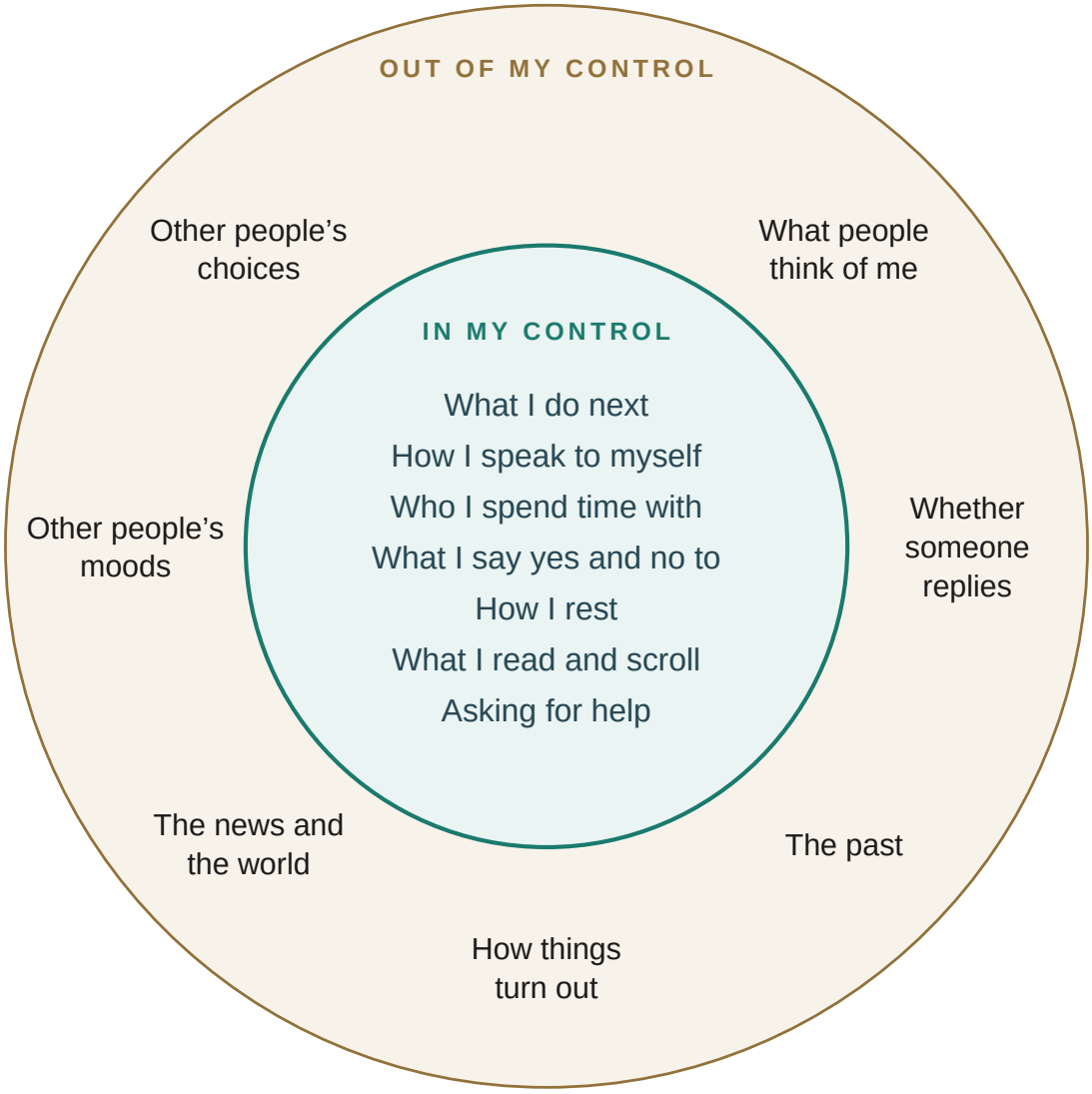
Try: “This is how it is right now.”

Try: “I can get through this moment.”

EMPOWERMENT

What is in my control

Part 1 of 2: where to put your energy. Swipe for part 2.



Put your energy where it can make a difference.

EMPOWERMENT

What is in my control

Part 2 of 2: turning worries into small actions

THE WORRY	NOT IN MY CONTROL	IN MY CONTROL
What if my partner leaves?	How they feel. What they choose to do.	How I speak up, asking for what I need, looking after myself.
What if I do not get the job?	Who else applies. What the panel decides.	How I prepare, how I present myself, applying for other roles.
What if something is wrong with my health?	Every sensation. How tests turn out.	Sleep, movement, going to check ups, not googling for hours.
What if people judge me?	What other people think and say.	Being kind to myself, who I spend time with, showing up anyway.
I cannot stop thinking about the past.	What happened and what was said.	How I speak to myself now, getting support, what I do with today.

Try this

1 Write the worry down.

2 Ask: is this fully, partly or not at all in my control?

3 Choose one small action for the part that is.

4 For the part that is not, breathe, ground yourself and let it be.