### Skills Training AAA Model

**Awareness**
- Observe

**Acceptance**
- Describe

**Action**
- Participate

### Mindfulness Skills

**How Skills**
- One-mindfully
- Non-judgmentally
- Effective

**What Skills**
- Observe
- Describe
- Participate

### Emotion Regulation Skills

**Goals are to:**
- Understand Emotional Experience
- Reduce Emotional Vulnerability
- Decrease Emotional Suffering

**Accumulate Positive Experiences**
- Treat
- Physical
- Illness

**Build Mastery**
- Eat balanced meals
- Avoid mood-altering drugs
- Sleep balanced
- Exercise

**Cope ahead of time**
- Validate
- Imagine
- Take small steps
- Applaud yourself
- Lighten your load
- Sweeten the pot

**Pros & Cons of changing emotion**
- Be mindful of current emotion
- Figure out what actions your emotions are motivating you to do
- For justified emotions use opposite to emotion action
- For unjustified emotions prompt emotion opposite to current one
- Check the facts

### Problem Solving

1. Identify Problem
2. Gather Data
3. Analyze Data
4. Find Solution

### Behavior Analysis

1. Name the behavior
2. List vulnerabilities
3. Prompting event
4. Problem thoughts
5. Problem emotions
6. Short term positive consequences
7. Long term negative Consequence
8. Find a skill to do instead of behavior

### Create Smart Goals

- Specific
- Meaningful
- Achievable
- Recordable
- Timeline plan

### Interpersonal Effectiveness Skills

- Describe
- Express
- Assert
- Reinforce

- Mindful
- Appear confident
- Negotiate

- Gentle
- Interested
- Validate
- Easy manner

- Fair
- Apology free
- Stick to values
- Truthfulness

### Distress Tolerance Skills

**Activities**
- Contributing
- Comparisons
- Emotion opposites
- Pushing away
- Thoughts
- Sensations

**Imagery**
- Meaning
- Prayer
- Relaxation
- One thing at a time
- Vacation
- Encouragement

**Self Soothe with the Senses**
- Taste
- Smell
- Sight
- Hearing
- Touch

**Temperature**
- Intense physical exertion
- Paced breathing

### Reality Acceptance Skills

**Pain + Non-acceptance = Suffering**
- Turn the Mind
- Radical Acceptance
- Practice Willingness
- Notice Willfulness