

DBT and the 12-Steps

<i>Step/Principle</i>	<i>Helpful Skills to Use</i>
<p>Step One We admitted that we were powerless over our addiction, that our lives had become unmanageable.</p> <p>*Admitted that when we participate in drinking, drugging and acting out behavior that our lives get out of control.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • How Skills (Nonjudgmental, One Mindfully, Effectiveness) • FAST • Pros and Cons • Radical Acceptance • Values and Priorities (Building a Life Worth Living) (DBT-SUD) • Cheerleading Statements
<p>Step Two Came to believe that a power greater than ourselves could restore us to sanity.</p> <p>*Came to believe that we could change with the help of others.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • How Skills (Nonjudgmental, One Mindfully, Effectiveness) • Values and Priorities (Building a Life Worth Living) (DBT-SUD) • Willingness versus Willfulness • IMPROVE the Moment • Observing Your Breath
<p>Step Three Made a decision to turn our will and our lives over to the care of God <i>as we understood Him</i>.</p> <p>*Made a decision to work with others to make changes in our behavior and our value system.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • How Skills (Nonjudgmental, One Mindfully, Effectiveness) • FAST • Values and Priorities (Building a Life Worth Living) (DBT-SUD) • Willingness versus Willfulness • Turning the Mind • Burning Your Bridges (DBT-SUD) • Let Go of Emotional Suffering • Cheerleading Statements • Avoiding and Eliminating the Cues to Use (DBT-SUD)

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<p>Step Four Made a searching and fearless moral inventory of ourselves.</p> <p>*Made a list of behaviors we need to change and recognized the positive strengths that will help us make these changes.</p>	<ul style="list-style-type: none"> • Nonjudgmental Stance • Observe and Describe • Values and Priorities (Building a Life Worth Living) (DBT-SUD) • Radical Acceptance • FAST • Willingness versus Willfulness • Wise Mind • Identifying and Labeling Emotions • Urge Surfing (DBT-SUD)
<p>Step Five Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.</p> <p>*Shared our list with another person.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • How Skills (Nonjudgmental, One Mindfully, Effectiveness) • Values and Priorities (Building a Life Worth Living) (DBT-SUD) • Radical Acceptance • Willingness versus Willfulness • DEAR MAN • GIVE • FAST
<p>Step Six We were entirely ready to have God remove all these defects of character.</p> <p>*Were ready to leave these old behaviors, attitudes and values behind.</p>	<ul style="list-style-type: none"> • Wise Mind • Willingness versus Willfulness • Turning the Mind • Burning Your Bridges • Avoiding and Eliminating the Cues to Use (DBT-SUD)
<p>Step Seven Humbly asked Him to remove our shortcomings.</p> <p>*Became willing to work with others to change these old behaviors, attitudes and values.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • DEAR MAN • FAST • Effectiveness

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<p>Step Eight Made a list of all the persons we had harmed, and became willing to make amends to them all.</p> <p>*Made a list of people, including myself, who have been hurt by our behavior and decided to make amends to them.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • How Skills (Nonjudgmental, One Mindfully, Effectiveness) • Willingness versus Willfulness • Cheerleading Statements • FAST • Building a Life Worth Living (DBT-SUD)
<p>Step Nine Made direct amends to such people wherever possible, except when to do so would injure them or others.</p> <p>*Took responsibility for our behavior and for forgiving ourselves by making amends to people who have been hurt by our behavior.</p>	<ul style="list-style-type: none"> • Wise Mind • DEAR MAN • GIVE • FAST • Attend to Relationships (Building a Life Worth Living) (DBT-SUD) • Cheerleading Statements • Alternate Rebellion (DBT-SUD) • Half Smile • IMPROVE the moment • Opposite to Emotion Action
<p>Step Ten Continued to take personal inventory and when we were wrong promptly admitted it.</p> <p>*Continue to take responsibility for ourselves and admit when we are wrong.</p>	<ul style="list-style-type: none"> • Wise Mind • Nonjudgmental Stance • Observe and Describe • ABC PLEASE • FAST • Turning the Mind • Willingness versus Willfulness • Urge Surfing (DBT-SUD) • Opposite to Emotion Action (for changing Shame) • Alternate Rebellion (DBT-SUD) • Adaptive Denial (DBT-SUD)

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<p>Step Eleven Sought through prayer and meditation to improve our conscious contact with God, <i>as we understood Him</i>, praying only for the knowledge of His will for us and the power to carry that out.</p> <p>*Tried, with the help of others, to be a better person—someone we can be proud of and live with.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • How Skills (Nonjudgmental, One Mindfully, Effectiveness) • Self-Sooth • IMPROVE the Moment • Observing Your Breath • ABC PLEASE • Willingness not Willfullness • FAST • Building a Life Worth Living (DBT-SUD)
<p>Step Twelve Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts who still suffer, and to practice these principles in all our affairs.</p> <p>*Having been able to change our lives with the help of others, we offer our help to others.</p>	<ul style="list-style-type: none"> • Wise Mind • What Skills (Observe, Describe, Participate) • How Skills (Nonjudgmental, One Mindfully, Effectiveness) • DEAR MAN • GIVE • FAST • Building a Life Worth Living (DBT-SUD)

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<i>Step/Principle</i>	<i>Helpful Skills to Use</i>
<p>The Serenity Prayer God, grant me the serenity to <i>radically</i> accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.</p>	<ul style="list-style-type: none"> • Wise Mind • Radical Acceptance • Increasing Positive Emotions • Wise Mind ACCEPTS • ABC PLEASE • Willingness versus Willfulness • FAST • Urge Surfing (DBT-SUD)
<p>“One Day At A Time” Not using just for today. Focusing on today’s responsibilities.</p>	<ul style="list-style-type: none"> • Wise Mind • One Mindfully • Effectiveness • Radical Acceptance • Turning the Mind • Willingness versus Willfulness • Alternate Rebellion (DBT-SUD) • Adaptive Denial (DBT-SUD) • Urge Surfing (DBT-SUD) • Wise Mind ACCEPTS • IMPROVE the Moment • Self-Sooth • Pros and Cons • ABC PLEASE • Opposite to Emotion Action
<p>H.A.L.T. Don’t let yourself get too Hungry, Angry, Lonely or Tired.</p>	<ul style="list-style-type: none"> • Wise Mind • ABC PLEASE • Opposite to Emotion Action (for Anger • Building a Life Worth Living (DBT-SUD)