

TABLE OF CONTENTS

i [Introduction](#)

Section 1. MINDFULNESS TECHNIQUES

- 1 [Mindful Meditation 101](#)
- 4 [Focusing on a Single Moment](#)
- 6 [Increasing Your Awareness of Physical Sensations](#)
- 9 [Using Visualization to Observe Your Thoughts and Feelings without Judgment](#)
- 12 [Using Beginner’s Mind to Decrease Judgments and Manage Reactions](#)
- 16 [Performing Tasks with Intention](#)
- 19 [Wise Mind and One-Mindfully](#)
- 24 [Dealing with Upsetting Memories Through Mindfulness](#)
- 26 [Giving Up Judging People Negatively](#)
- 29 [Developing Self-Compassion](#)

Section 2. DISTRESS TOLERANCE

- 35 [Creating a Better Day](#)
- 38 [Using Distraction as a Distress Tolerance Skill](#)
- 42 [Visualizing a Safe Place](#)
- 44 [Rehearsing Values-Based Behavior](#)
- 49 [Pausing During a Distressing Situation: The REST Technique](#)
- 53 [Practicing Radical Acceptance](#)
- 59 [Using Coping Thoughts](#)
- 63 [Measuring the Intensity of Your Emotion Against the Level of Threat](#)
- 67 [Using a Pros and Cons List to Identify the Consequences of Your Urges](#)
- 72 [Riding the Wave of Your Urges](#)
- 75 [Using Your Senses to Get Grounded](#)

Section 3. EMOTION REGULATION SKILLS

- 79 [Observing Your Emotions without Judgment](#)
- 83 [Observing and Accepting Your Emotions](#)
- 87 [Identifying Barriers to Healthy Emotions and Behaviors](#)
- 91 [Improving Your Emotions by Improving Your Health](#)
- 95 [Improving Your Healthy Sleeping Habits](#)
- 98 [Seeing the Big Picture](#)
- 100 [Problem Solving for Healthier Emotional Responses](#)
- 104 [Building Positive Emotions](#)
- 109 [Managing Catastrophic Thinking](#)
- 114 [Increasing Your Sense of Control](#)
- 121 [Identifying the Physical Signs of Your Emotions](#)
- 125 [Managing Urges by Burning Bridges and Building New Ones](#)
- 128 [Using Opposite Action to Deal with Difficult Emotions](#)