



DBT Skills are one of the key frameworks on which Innerworld tools are based. They are designed specifically to help those who experience emotions very intensely. The framework centers around two things being true at once. For example, accepting oneself but also working to change and improve one's behavior.

*DBT Skills are defined by four modules: Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance. **The DBT Modules themselves are not active tools,** rather, they provide context and support for other powerful tools, like the Assertiveness Curve, the Wise Mind Tool, and others.*

EXPLANATION

1. Mindfulness

- a. Mindfulness is about being focused on the present and experiencing our thoughts, feelings, and surroundings without judgement. A tool you can use to practice this skill is the Wise Mind Tool.

2. Interpersonal Effectiveness

- a. This module addresses strategies for asking for what one needs, saying no when necessary, and managing conflicts gracefully. A tool you can use to practice this is the Assertiveness Curve.

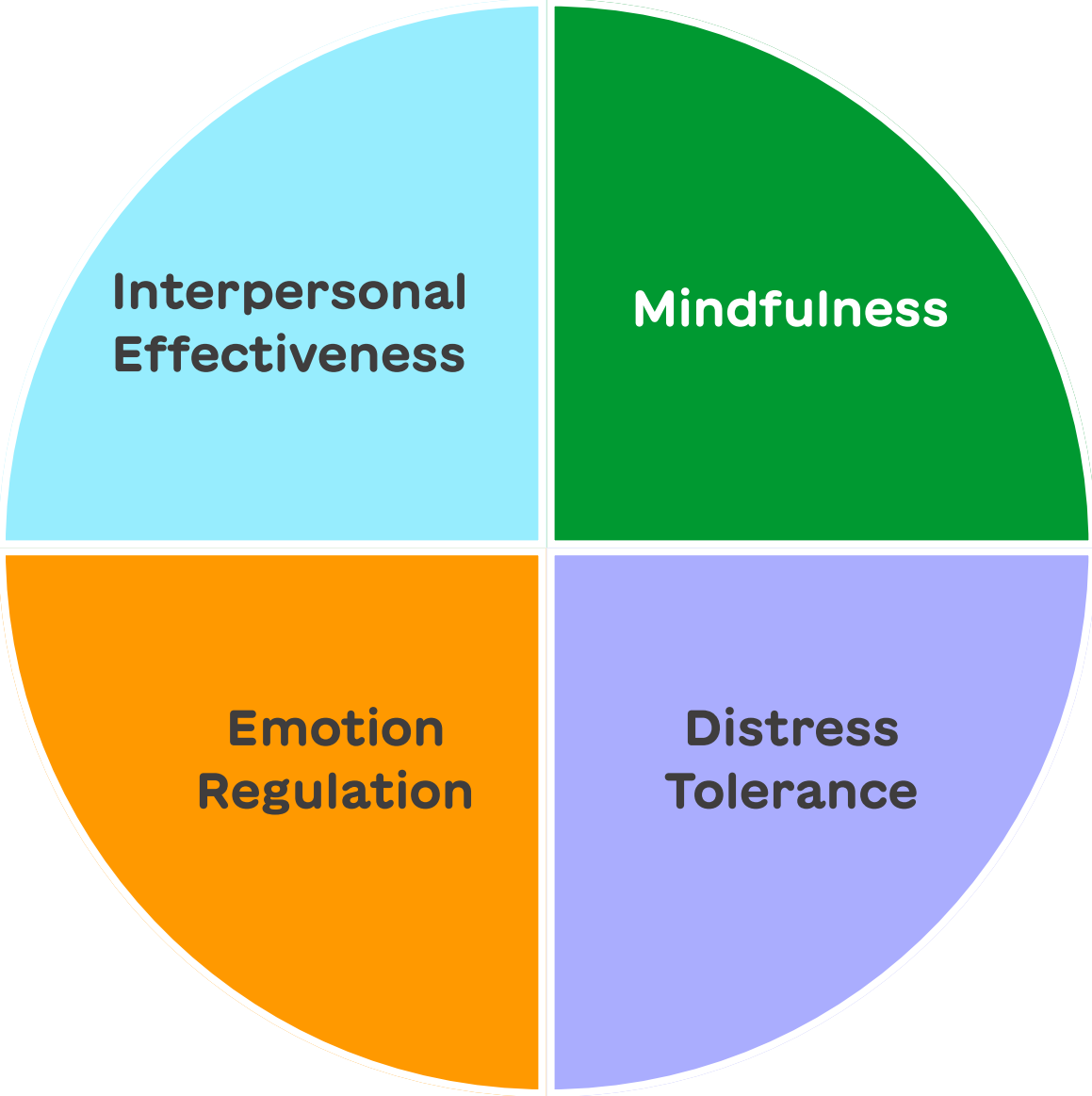
3. Emotion Regulation

- a. This module provides tools for understanding and controlling powerful emotions that can overwhelm us. A tool that can help with regulating emotions is the Pro-Con Tool.

4. Distress Tolerance

- a. Distress Tolerance focuses on coping with and surviving crisis situations without resorting to destructive behaviors. The STOP Tool is an important skill to have when managing distress.





Cognitive Behavioral Immersion™ Tools DBT Modules



NOTES:

Tools and community for your mental health journey.

Innerworld is a peer-driven mental health app built for VR, desktop, and mobile. We offer over 200 weekly, anonymous events around topics like anxiety, depression, and more.



Learn more at <https://inner.world/app>