

Never let a good crisis go to waste.
—Winston Churchill

What you practice is what you have.
—Zen saying

Everything is practice.
—Pelé

Go-to practices, skills & resources

Skills

[Safety Plan; phone app](#)

[I need help now](#)

DBT skills

- [Distress tolerance skills](#)
 - [STOP skill](#)
 - [Pros & Cons skill](#)
 - [Distract with ACCEPTS](#)
 - [Emotion regulation skills](#)
 - [Mindfulness skills](#)
 - [Interpersonal effectiveness skills](#)
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Core resources & practices

Implementation intention

(a **meta-practice** for motivation and commitment to any values-based action that follows)

[Blow out the candles & smell the flowers](#)

(for grounding and centering)

[Grounding techniques](#)

(for grounding in the present)

[RAIN practice](#)

(for increased awareness and curiosity of triggers)

[11 C & 5 P qualities of Self energy](#)

(for identifying degree of Self energy)

[Parts map+](#)

(for identifying and working with parts; ie, thoughts, emotions, sensations, urges, impulses)

[6 Steps to Reduce Distress Over a Thought](#)

(for help with obsessive thoughts & rumination)

(from [Overcoming Unwanted Intrusive Thoughts](#))

[Activity schedule](#)

(for establishing routine and taking action around what wants and needs to happen)

EMDR resources & practices

[Remote control](#)

(for decreasing overwhelm & activation on triggers & memories)

[Container](#)

(for containing intrusive thoughts or bad memories for later reprocessing)

[Calm place](#)

(for regulation when overwhelmed)

[3-in-1 capacity resource](#)

(for capacity building and/or enhancing)

[Inner Circle of Support](#)

(for inner co-regulation & support when needed)

[Inner Advisor in a peaceful place;](#)

[Inner Advisor's words](#)

(for self-compassion)

[Anchoring in a positive memory](#)

(for remembering the good)

[Lightstream](#)

(for self-soothing)

Self-compassion practices

[Picture practice](#)

(for self-compassion)

[Missing experience practice](#)

(for healing inner wounded child)

[Meeting place practice](#)

(for checking in with younger selves & parts)

Other resources & practices

[Sleep practice](#)

(for better sleep)

[Holistic/wellness checklist](#)

(for identifying needs/what is needed for enhanced [Self energy](#))

[Resourcing activities list](#)

(things to do to feel better)

[Radical acceptance practice](#)

(for increased acceptance of challenging circumstances)

[Putting thoughts on trial / 8 cognitive distortions/limited thinking patterns & their antidotes / all on one page](#)

(for questioning & challenging distorted thoughts)

[Feelings wheel: I feel...](#)

(for identifying feelings, emotions, sensations)

[Just noticing, just feeling practice](#)

(for staying with, attending to, allowing emotions to process)

[Wise or unwise impulse practice](#)

(for increased awareness of urges and impulses)

[Values-based action contemplation / Big List of Strengths, Qualities, Values](#)

(for orienting to values)

[Things I can control, things I can't](#)

(helpful reminder)

[Gratitude journal](#)

(for cultivating gratitude & appreciation)

[Awareness diary](#)

(for noticing & appreciating this phenomenal world)

[Love languages practice \(listening\)](#)

[Love languages practice \(sharing\)](#)

(for relational attunement)

[Nonviolent communication \(NVC\) with parts language](#)

(for expressing needs during conflict)

[Feared-outcome 4-step contemplation](#)

CBT (Cognitive Behavioral Therapy) resources & skills

[CBT psychoeducation](#)

[Automatic thoughts](#)

[8 cognitive distortions & their antidotes](#)

[Cognitive distortions, all on one page](#)

[Catch it, check it, change it](#)

[Thought and evidence journal](#)

[Putting thoughts on trial](#)

[Socratic questions](#)

[Challenging negative thoughts](#)

[Worry time](#)

[Activity schedule \(w/ values-based action\)](#)

[Alternative weekly schedule for behavioral activation](#)

[Exposure](#) · [Exposure tracking log](#)

[Creating an exposure hierarchy](#)

[Panic symptoms, thoughts, medical reality](#)

[Book: Thoughts and Feelings](#)

CPT (Cognitive Processing Therapy) resources & skills

[ABC Worksheet](#)

[Stuck Point Help Guide](#)

[Exploring Questions Worksheet](#)

[Guide for Exploring Questions Worksheet](#)

[Thinking Patterns Worksheet](#)

[Alternative Thoughts Worksheet](#)

Simplified Alternative Thoughts Worksheet

Books

- [How You Do Anything Is How You Do Everything](#)
- [The Key: And the Name of the Key is Willingness](#)
- [The Depression Book: Depression as an Opportunity for Spiritual Growth](#)
- [Be the Person You Want to Find](#)
- [Thoughts and Feelings](#)
- [Your Body Knows the Answer](#)
- [No Bad Parts](#)
- [How to Train a Wild Elephant](#)
- [The Jealousy Workbook](#)
- [Poetry Everywhere](#)
- [Haiku Mind](#)
- [Braided Creek: A Conversation in Poetry](#)
- [Devotions: The Selected Poems of Mary Oliver](#)
- [The Sun and Her Flowers](#)
- [Wreck this journal](#)
- [Burn after writing](#)
- [A Natural History of the Senses](#)