



*Our DBT SKILLS to REMEMBER:*

- Think about the dime game when deciding when to ask someone a question and consider what intensity to use.
- Remember the dime game when wanting to say no to someone, don't forget to consider what intensity you use too.

With the holidays approaching remember to cope ahead and keep a few skills ready to assist during this crazy holiday season.

REMEMBER the ACCEPTS Skill. It will help you get unstuck from those big emotions and assist you in moving on, as well as communicating about your feelings.

