Skills List & Categories

1. Clear Picture
2. On-Track Thinking
3. On-Track Action
4. Safety Plan
5. New-Me Activities
6. Problem Solving
7. Expressing Myself
8. Getting It Right
9. RelationSHIP Care

All-The-Time Skills

0 1 2 3 4 5
FEELINGS

Calm-Only Skills

0 1 2 3
FEELINGS
Feelings Rating Scale

Level 5 = Hurting Self, Other, or Property

Level 4 = Fuzzy Thinking; Unable to Talk, Listen & Have a 2-Way Street Relationship

Levels 0-3 = Clear Thinking; Able to Talk, Listen & Have a 2-Way Street Relationship
1. Clear Picture

I Focus 100% on this Moment As It Is

Notice my Breath

Where do I feel my breath? What does it feel like?

Notice my Surroundings

What is around me right now? What do I see, hear, smell, taste and touch?

Do a Body Check

What body sensations do I notice right now?

Label and Rate Emotions

What feelings do I notice right now? How strong are they? 0-1-2-3-4-5

Notice my Thoughts

What thoughts do I notice going through my mind right now?

Notice my Urges

What do I feel like doing right now?
4. Safety Plan

What is the level of Risk?
- Low Risk = Stress
- Medium Risk = Problems
- High Risk = Danger

What type of Safety Plan do I Need?
- Thinking Safety Plan
- Talking Safety Plan
- Written Safety Plan

What should I do to be safe?
- Focus on a New-Me Activity
- Move Away to a Safe Place
- Leave the Area

Am I in a Safety Pickle?
- Use lots of On-Track Thinking
- Focus on a New-Me Activity
  - Focus
  - Distraction
  - Feel Good
  - Fun

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Using Skills System Visual Aids in Different Sizes to Improve Scaffolding and Generalization
Helps me Focus my Mind:

Helps me Feel Good or Better:

Helps me Distract/Get My Mind Off of Things:

Helps me have Fun:
Individualized Visual Aids

My Safety Plan

My Safe Places:

My New-Me Activities