

Skills List & Categories



1. Clear Picture



2. On-Track Thinking



3. On-Track Action



4. Safety Plan



5. New-Me Activities

All-The-Time Skills



FEELINGS



6. Problem Solving



7. Expressing Myself



8. Getting It Right



9. RelationSHIP Care

Calm-Only Skills



FEELINGS

Feelings Rating Scale

Level 5 =
Hurting Self, Other, or Property



5 Overwhelming

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



4 Strong Feeling



3 Medium Feeling



2 Small Feeling



1 Tiny Feeling

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



0 No Feeling



1. Clear Picture

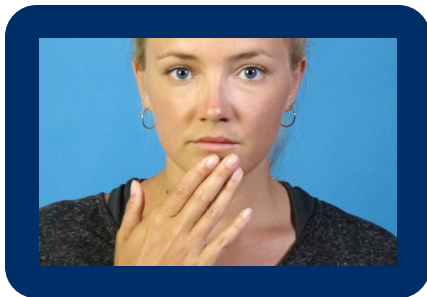
All-the-Time Skill

0 1 2 3 4 5

FEELINGS

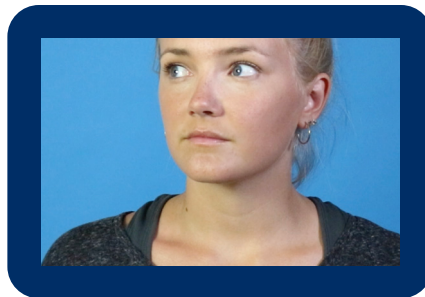
I Focus 100% on this Moment As It Is

**Notice my
Breath**



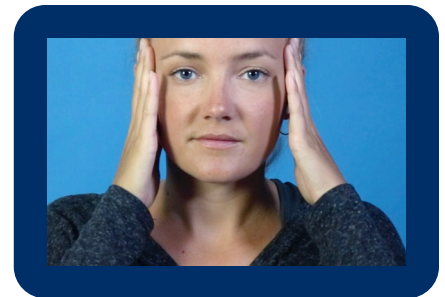
*Where do I feel my
breath?
What does it feel like?*

**Notice my
Surroundings**



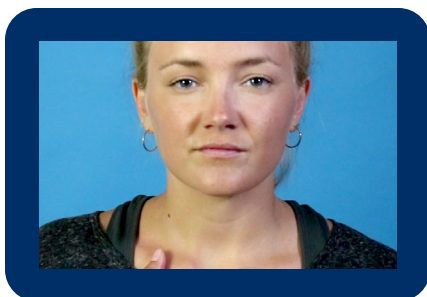
*What is around me right now?
What do I see, hear, smell,
taste and touch?*

**Do a
Body Check**



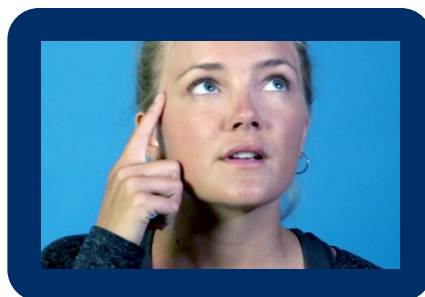
*What body sensations
do I notice right now?*

**Label and Rate
Emotions**



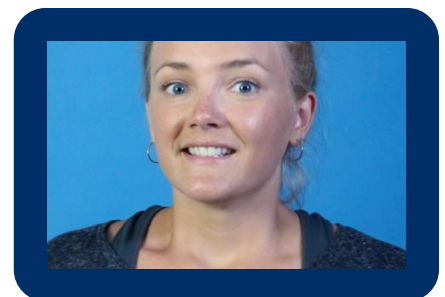
*What feelings do
I notice right now?
How strong are they?
0-1-2-3-4-5*

**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

All-the-Time Skill

0 1 2 3 4 5

FEELINGS

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



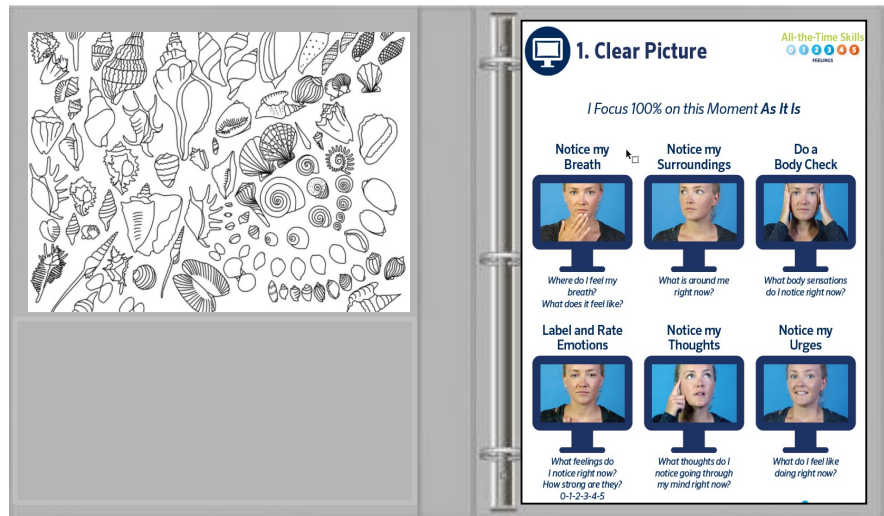
Focus on a
New-Me Activity

- ▶ Focus
- ▶ Distraction
- ▶ Feel Good
- ▶ Fun



Using Skills System Visual Aids

in Different Sizes
to Improve
Scaffolding and
Generalization



Individualized Visual Aids

My Solo New-Me Activities

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

