Skills Practice Review Card - Concept brief

Understand the idea behind skills practice review card and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor tried pausing before a message and found that a written draft helped more.

The idea

A practice record can track fit without becoming a diagnostic score.

An ordinary example

Taylor tried pausing before a message and found that a written draft helped more.

What this can look like

Record one situation, a skill attempted, what happened, and an adjustment; use no risk scoring and no identifying details.

Check the fit

What will you keep, change, or seek help with next time? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

Reflection

What will you keep, change, or seek help with next time?

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A20-1