

CORE SKILL #7: EFFECTIVENESS

Having an awareness of your effectiveness, and of vulnerabilities, triggers, thoughts, feelings and stressors can help to promote positive behaviors and can create more favorable consequences.

The habits and patterns of well-being and resilience are very different from the habits and patterns developed by most physicians during their training and continued by many into their work lives.

TOOLS

Chain Analysis (see next page) to identify your Vulnerabilities, Triggers, Prompting Events or Interactions, Actions, and After Effects & Consequences of a particular chain of events.

Triggers

Consider what tends to trigger you?

Outside or external triggers?

Internal triggers (your own thoughts and feelings)?

For effective communication

For improved outcomes, try using "GIVE"* technique:

G = Gentle (no threats, attacks, judgments)

I = Interested (curious)

V = Validated

E = Easy manner

*Adapted from DBT Skills Training by M. Linehan 2014