

SMFA Summit Chatlog from the Sheila Houlahan interview, 21 May 2021, 3pm PDT

[May 21, 2:55 PM] SheilaHoulahan: So excited to get this party started! Woohooooo!!

[May 21, 2:55 PM] Stephanie Bergeron: Woo hoo!!! Hi Sheila!!!

[May 21, 2:55 PM] Stephanie Bergeron: Hi everyone!

[May 21, 2:56 PM] RhiannaBasore: Helloooooo! Can't wait for your talk @Sheila!!

[May 21, 2:56 PM] Liz Hackworth: Yay, hi! Hearing Sheila talk during the last live round of GIGFTNT changed so much for me, so I was excited to see her name for one of today's guests!

[May 21, 2:57 PM] Stephanie Bergeron: Oh, Liz. That whole call was fire!

[May 21, 2:57 PM] SheilaHoulahan: Awww YAY this is so exciting!!

[May 21, 2:57 PM] SheilaHoulahan: It definitely feels surreal to be on this end of the summit

[May 21, 2:57 PM] SheilaHoulahan: Ca

[May 21, 2:57 PM] TeamBonnieG: The video is live... refresh your screens

[May 21, 2:57 PM] SheilaHoulahan: *Can't wait to hear all of your talks in the future!!

[May 21, 2:58 PM] Liz Hackworth: Thanks Sheila!! <3

[May 21, 2:58 PM] deva.jean.philippe: Hi everybody!

[May 21, 2:58 PM] JudyKerr: Yes yummy hugs!

[May 21, 2:59 PM] JudyKerr: yep just made it today!

[May 21, 2:59 PM] Stephanie Bergeron: (she/her) You know it. Batting 100!

[May 21, 2:59 PM] DawnnieMercado: HI all. Just logged in.

[May 21, 2:59 PM] KellyeRowland: hey all!

[May 21, 2:59 PM] SheilaHoulahan: Btw: my giveaway is gonna be a steeeeep discount for a new GIGFTNT-style online class I'll be doing around finding your authentic voice! Sign up on the lil ol' link I provided if you like the sound of that and wanna stay in the loop! :)

[May 21, 2:59 PM] DawnnieMercado: Been here every time so far.

[May 21, 2:59 PM] Stephanie Bergeron: *100%

[May 21, 3:00 PM] Stephanie Bergeron: Hey Kellye, Dawnnie!

[May 21, 3:00 PM] DawnnieMercado: HI @Stephanie... our lovely leaper

[May 21, 3:00 PM] Bonnie G: <https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf>

[May 21, 3:01 PM] Stephanie Bergeron: Aw, Dawnnie. :)

[May 21, 3:01 PM] DawnnieMercado: So glad you are doing this @Bonnie!

[May 21, 3:01 PM] RhiannaBasore: Woot, can't wait for the next LIVE round!

[May 21, 3:01 PM] Stephanie Bergeron: Welcome to those registered! You're going to have a blast!

[May 21, 3:02 PM] DawnnieMercado: If I'm already mid way through my 100 can I automatically be in the lives?..

[May 21, 3:02 PM] RobLecrone: (he/him) LA (Tongva)

[May 21, 3:03 PM] RhiannaBasore: Yes, @Dawnnie, you can totally be a part of it! The sign up link will be going out soon to current members who want to join. :)

[May 21, 3:03 PM] DawnnieMercado: she/her Tehachapi CA.

[May 21, 3:03 PM] WestArdere: Such a stupedously large list of offerings

[May 21, 3:04 PM] RhiannaBasore:
<https://cricketfeet.com/gig/GIGFTNTframeworkMASTER.pdf>

[May 21, 3:05 PM] DawnnieMercado: Cool.. on my calendar. I'll revisit

[May 21, 3:06 PM] Bonnie G: <https://cricketfeet.com/temp/GIGFTNTwelcomekit.pdf>

[May 21, 3:06 PM] TanyaPerez: Day 4!!! Woot! Woot!

[May 21, 3:06 PM] SheilaHoulahan: The lives are so much fun!!

[May 21, 3:06 PM] Stephanie Bergeron: I concur!

[May 21, 3:07 PM] RhiannaBasore: Live rounds are like a jumpstart for whatever other work you are already doing!

[May 21, 3:07 PM] NicoleRycroft: Hi! So grateful to be here!

[May 21, 3:07 PM] SheilaHoulahan: Just wanted to reiterate that I first joined the GIGFTNT crew in 2018, so this shit really works, y'all, and it works FAST

[May 21, 3:08 PM] Liz Hackworth: Wow!

[May 21, 3:08 PM] SheilaHoulahan: Yep! Booked my tier-skipping role in 2019

[May 21, 3:08 PM] TanyaPerez: Amen to that Sheila!

[May 21, 3:09 PM] KellyeRowland: Awesome!

[May 21, 3:09 PM] DawnnieMercado: HI @Sheila! Thanks for being ehre.

[May 21, 3:09 PM] DawnnieMercado: here.

[May 21, 3:10 PM] LibbyBarnard: Nike!!! She is phenomenal!

[May 21, 3:10 PM] RhiannaBasore: Woot, woot!!!

[May 21, 3:10 PM] SheilaHoulahan: Thank you, Dawnnie! :)

[May 21, 3:10 PM] SheilaHoulahan: Nike SLAPS

[May 21, 3:10 PM] SheilaHoulahan: Love that woman

[May 21, 3:11 PM] SheilaHoulahan: She actually used Ninja tracking skills to find Bonnie before I even knew what those were, and she hasn't taken Bonnie's courses, she's just a CD: wanted to highlight that the pros on the other end of the table *all* use these methods on the regular

[May 21, 3:12 PM] RhiannaBasore: No going back!

[May 21, 3:12 PM] Bonnie G: That's awesome, Sheila.

[May 21, 3:13 PM] Stephanie Bergeron: Wow, Sheila, thank you for being so open about this.

[May 21, 3:13 PM] RhiannaBasore: @Sheila, thank you for sharing this part of your journey. <3

[May 21, 3:13 PM] SheilaHoulahan: Omg always! PS: you can DM me on IG anytime for any questions, I like being transparent and showing up for other ninjas!!

[May 21, 3:13 PM] SheilaHoulahan: <3

[May 21, 3:13 PM] MaeRuling: Yes, Sheila! Thank you for being so vulnerable and real about this.

[May 21, 3:14 PM] SheilaHoulahan: Hell yeah, gotta be real and have the hard conversations if we wanna end the stigma

[May 21, 3:14 PM] MaeRuling: Amen!

[May 21, 3:14 PM] TanyaPerez: I love that you are a leap frogger in this industry, Sheila!

[May 21, 3:14 PM] Bonnie G: Your willingness to share is so beautiful and true.

[May 21, 3:14 PM] JasmineFarr: Sheila!! You're everywhere. Hey girlie! It's Jasmine Shiri. Just getting in here! Well have to catch the beginning later.

[May 21, 3:14 PM] SheilaHoulahan: JASMINE OMFG

[May 21, 3:15 PM] SheilaHoulahan: omg I am obsessed with how frequently I'm seeing you uplevel, Jasmine!! She is DOING THE WORK!!!

[May 21, 3:15 PM] Bonnie G: Get in Gear framework: ENOUGHNESS

[May 21, 3:15 PM] SheilaHoulahan: I wanna flag that enoughness is a forever job (that can be FUN, GASP!!)

[May 21, 3:15 PM] Bonnie G: Get in Gear framework: CONSISTENCY

[May 21, 3:15 PM] JasmineFarr: Yessss!!! It's time!

[May 21, 3:15 PM] AmeliaRico: So sad I came in late on this, but thank goodness for replays because I'm already hooked! 🙌

[May 21, 3:16 PM] Stephanie Bergeron: Lol!

[May 21, 3:16 PM] KellyeRowland: I ADORE openness around mental health. we so desperately NEED it right now. Talking about it. Thank you Sheila. <3

[May 21, 3:16 PM] SheilaHoulahan: Legit seeing you all message me rn and feeling my internal ??? about being a summit speaker means I'm doing enoughness work internally as we speak

[May 21, 3:16 PM] SheilaHoulahan: Yep, gotta be open about it or we can't change the system

[May 21, 3:16 PM] RhiannaBasore: Saw that project, it looks AMAZING!

[May 21, 3:16 PM] SheilaHoulahan: Full disclosure: I owe Keith and Bonnie my life. They were there for me when I was hospitalized. They are the real deal, y'all

[May 21, 3:16 PM] TinaKien: Twitch, you say? :D

[May 21, 3:17 PM] SheilaHoulahan: Aww thank you!! I'm fucking losing my shit because Selena Gomez is interested in it WHAT IS LIFE

[May 21, 3:17 PM] Bonnie G: You're a lighthouse, Sheila.

[May 21, 3:17 PM] KellyeRowland: 100% sheila

[May 21, 3:17 PM] RhiannaBasore: AMAZING!!! :)

[May 21, 3:17 PM] SheilaHoulahan: Twitch indeed! Bless Bernie Su for showing me the ropes and being a lighthouse!!

[May 21, 3:17 PM] TinaKien: So cool!

[May 21, 3:18 PM] MaeRuling: so smart to give yourself space to have an emotional moment!

[May 21, 3:18 PM] RhiannaBasore: 'this problem will help in the long run by narrowing the focus.'

[May 21, 3:19 PM] SheilaHoulahan: Also: Bonnie says approximately 100000000000 times in GIGFTNT that making your own content is a fuckin fabulous way to tier-skip towards your true north. It took me literal years to get over myself and make something from the heart that I'm passionate about and doors are opening because of it. Tell your stories, y'all, people wanna hear them

[May 21, 3:19 PM] SheilaHoulahan: Yessss let yourself be emotional, don't censor that, emotions are part of our bodies for a reason

[May 21, 3:19 PM] RhiannaBasore: It takes time to own our power as storytellers, instead of 'waiting for a job'

[May 21, 3:19 PM] WestArdere: omg way to catch the not-enough monster when it's down the street instead of after it's already under the bed!

[May 21, 3:19 PM] SheilaHoulahan: I let that monster be loved and hugged and held but I don't let her drive the car

[May 21, 3:20 PM] Stephanie Bergeron: Ooh. That's a clever key.

[May 21, 3:20 PM] KellyeRowland: and i fought that advice forEVER until i finally made my own series right before the pandemic. Super empowering, it really is. No more waiting for someone to "pick me pick me"

[May 21, 3:20 PM] MaeRuling: yes! befriending our monsters just like Rhianna and her money monster befriending

[May 21, 3:20 PM] WestArdere: I love that

[May 21, 3:20 PM] SheilaHoulahan: hahahahaha yes let queen rhirhi lead the way

[May 21, 3:20 PM] Bonnie G: West, YES!!!

[May 21, 3:20 PM] KellyeRowland: i'll pick myself thank you very much...right?? :)

[May 21, 3:20 PM] RhiannaBasore: hahahah, @Mae yup. Make friends with the MONEY MONSTERS and get them working for you. :)

[May 21, 3:20 PM] Bonnie G: Well spotted, Mae. total parallel.

[May 21, 3:21 PM] SheilaHoulahan: Ya girl make that bank and love up on that bank

[May 21, 3:21 PM] SheilaHoulahan: Inspo photo wallpaper of you in your phone bathing in money in a bathtub

[May 21, 3:21 PM] SheilaHoulahan: *on your phone

[May 21, 3:21 PM] JudyKerr: Wow I love that going to the other senses.

[May 21, 3:21 PM] RhiannaBasore: Love that visual @Sheila!

[May 21, 3:21 PM] SheilaHoulahan: Yessss, using all 5 senses is key!

[May 21, 3:22 PM] JasmineFarr: DBT?

[May 21, 3:22 PM] MaeRuling: that is totally the name of the book! The DBT Skills Workbook

[May 21, 3:22 PM] RhiannaBasore: wow, I have never heard of DBT, sounds so cool!

[May 21, 3:22 PM] KellyeRowland: yessss no compare and despair

[May 21, 3:22 PM] SheilaHoulahan: DBT = Dialectical Behavioral Therapy

[May 21, 3:22 PM] SheilaHoulahan: Being able to hold two opposing thoughts in your head simultaneously without exploding

[May 21, 3:22 PM] KellyeRowland: yup. super helpful therapy i've read about.

[May 21, 3:23 PM] SheilaHoulahan: I recommend the book by Marsha Linehan for anyone interested

[May 21, 3:23 PM] KellyeRowland: thanks for that link

[May 21, 3:23 PM] Liz Hackworth: yes, thanks for the link!

[May 21, 3:24 PM] Bonnie G: :)

[May 21, 3:24 PM] SheilaHoulahan: DBT it up babes, it is life changing shit

[May 21, 3:24 PM] KellyeRowland: gahhhhhhhh

[May 21, 3:24 PM] SheilaHoulahan: like actually having the skills to navigate your emotions in the moment, who knew that was possible

[May 21, 3:24 PM] Bonnie G: Get in Gear framework: TOOLS

[May 21, 3:25 PM] KellyeRowland: 2nd day hearing about "care less" means me needs to listen lol

[May 21, 3:25 PM] LibbyBarnard: "It can be both" has been such a helpful mantra for me this year, and has given me the opportunity for more joy.

[May 21, 3:25 PM] JasmineFarr: Love it

[May 21, 3:25 PM] SheilaHoulahan: Btw totally random tangent, but for all my lovelies in the chat who identify as differently abled: sign up for AbilityE, a new casting platform that is free for all performers and that is sent directly for major studios looking to cast equitably for differently abled roles in 2021 and beyond!!

[May 21, 3:26 PM] RhiannaBasore: Great resources, @Sheila, thank you!

[May 21, 3:26 PM] KellyeRowland: whoa

[May 21, 3:26 PM] SheilaHoulahan: I gotchu, I love stalking and hoarding resources to share with the world hehehehehe

[May 21, 3:26 PM] Stephanie Bergeron: I'm just geeking out about the tiers. That's awesome.

[May 21, 3:26 PM] WestArdere: THERE IT IS

[May 21, 3:27 PM] KellyeRowland: letting yourself feel what you're feeling instead of trying to stuff it, drink it away, shove it down, etc. revolutionary. takes a lot of practice.

[May 21, 3:27 PM] KellyeRowland: at least for me

[May 21, 3:27 PM] Stephanie Bergeron: Yes, Kellye. <3

[May 21, 3:27 PM] SheilaHoulahan: Kellye, check out the DBT book for sure then

[May 21, 3:28 PM] SheilaHoulahan: it has actually concrete tools you can use in the moment to process healthily

[May 21, 3:28 PM] KellyeRowland: buying it as we speak lol

[May 21, 3:28 PM] KellyeRowland: <3

[May 21, 3:28 PM] SheilaHoulahan: I like to think of the book as a self-care super deluxe menu for when I'm feeling pooppy

[May 21, 3:28 PM] MaeRuling: it's getting added to my reading list too!

[May 21, 3:28 PM] SheilaHoulahan: It is 298347298572983 pages long so use the table of contents for specific tools etc

[May 21, 3:28 PM] KellyeRowland: gotcha thnk u

[May 21, 3:28 PM] SheilaHoulahan: pro tip: if you get the ebook on your phone you can discretely flip through it in public and do self care as soon as you need it!

[May 21, 3:29 PM] Bonnie G: Ooh, that's smart, Sheila.

[May 21, 3:29 PM] TeamBonnieG: <https://www.amazon.com/DBT-Skills-Training-Manual-Second/dp/1462516998>

[May 21, 3:29 PM] Stephanie Bergeron: Clever!!

[May 21, 3:29 PM] SheilaHoulahan: since the actual book is massive

[May 21, 3:30 PM] KellyeRowland: maybe i'll take pics of the stuff that speaks to me, just ordered the actual book

[May 21, 3:30 PM] WestArdere: WHAT NO

[May 21, 3:30 PM] SheilaHoulahan: yes! I have a photo album on my phone of my favorite skills

[May 21, 3:30 PM] MaeRuling: yes, I go for a run when I'm activated like that

[May 21, 3:30 PM] RhiannaBasore: ooooh, smart! @Sheila

[May 21, 3:31 PM] Stephanie Bergeron: Beautiful reframe.

[May 21, 3:31 PM] KellyeRowland: OMFG
[May 21, 3:31 PM] KellyeRowland: WTF
[May 21, 3:31 PM] JasmineFarr: That's right!
[May 21, 3:31 PM] Bonnie G: Sheila Houlahan, changing the game from right out tha gate!
[May 21, 3:32 PM] WestArdere: So huge to realize that waiting until you're not activated anymore is not necessarily the same thing as avoidance
[May 21, 3:32 PM] KellyeRowland: this is amazing and a picture of enoughness in action. i'm so glad i'm witnessing it.
[May 21, 3:32 PM] KellyeRowland: at 52. i'm a late bloomer but i'm here.
[May 21, 3:32 PM] MaeRuling: it's never too late, Kellye! you're right on time for you!!!!
[May 21, 3:33 PM] KellyeRowland: i'm working on knowing that as a truth Mae, yes. <3
[May 21, 3:33 PM] Bonnie G: West: Yes! Because it's actually better respecting the TIME and headspace and connectedness needed to best deal with things.
[May 21, 3:33 PM] Bonnie G: That's nothing like avoidance at all!
[May 21, 3:33 PM] Bonnie G: And in fact, charging in while we are activated IS avoiding the actual emotional work!!
[May 21, 3:33 PM] Bonnie G: Get in Gear framework: TRUE NORTH
[May 21, 3:33 PM] WestArdere: so true!
[May 21, 3:34 PM] RhiannaBasore: Yes! I only know the True North I have (for today).
[May 21, 3:34 PM] Bonnie G: Yes, Rhianna!
[May 21, 3:35 PM] KellyeRowland: good point rhianna
[May 21, 3:35 PM] DawnnieMercado: That sounds awesome
[May 21, 3:35 PM] WestArdere: wow what a great chat
[May 21, 3:35 PM] Stephanie Bergeron: Me! Lol! That was phenomenal!
[May 21, 3:35 PM] MaeRuling: thank you so much Sheila! This was awesome and so full of good info
[May 21, 3:35 PM] SheilaHoulahan: <3
[May 21, 3:35 PM] KellyeRowland: yes please
[May 21, 3:36 PM] SheilaHoulahan: hugs to you all!!!
[May 21, 3:36 PM] AmeliaRico: 🥰
[May 21, 3:36 PM] RhiannaBasore: Judgement comes from heightened emotions.
[May 21, 3:36 PM] SheilaHoulahan: please don't hesitate to reach out, I'm always here for ya!
[May 21, 3:36 PM] Liz Hackworth: YUP DBT PARTY!!
[May 21, 3:36 PM] TanyaPerez: xoxoxo
[May 21, 3:36 PM] DawnnieMercado: In love. So I was listening thinking OMG and she also studied business says the FB stalker ne.
[May 21, 3:36 PM] ShannonDalton: That was so helpful and so much good enoughness advice!!!
[May 21, 3:36 PM] SheilaHoulahan: Just a reminder to sign up if you wanna work on your emotions and trauma through your voice for the lil ol link I have at the giveaway page!
[May 21, 3:36 PM] AmeliaRico: Go be on fire until you're not, then deal with the issue at hand!
[May 21, 3:36 PM] JasmineFarr: Communication in the 3rd tier!

[May 21, 3:36 PM] ingeborgRiedmaier: Wow really blew my mind witnessing this level of enoughness and that recognizing when you are activated and what to do!

[May 21, 3:36 PM] LibbyBarnard: Thank you, Sheila! Stoked on seeing a fellow PNW-er killing the game. Thank you for being an open, joyous advocate for mental health.

[May 21, 3:36 PM] MaeRuling: Definitely DBT and knowing that you have to be way less activated to communicate

[May 21, 3:36 PM] Stephanie Bergeron: I really liked the thread around dominant senses and where your enoughness is most easily reached.

[May 21, 3:36 PM] NicoleRycroft: Thank you Shelia!

[May 21, 3:36 PM] KellyeRowland: ahhh i'm already following you!

[May 21, 3:36 PM] Michael L HARRIS: I'm enough but I'm not the most important thing in the universe

[May 21, 3:36 PM] deva.jean.philippe: Thank you Sheila for sharing. Xoxo.

[May 21, 3:37 PM] KellyeRowland: meeeee

[May 21, 3:37 PM] SheilaHoulahan: Awwww yay!!!

[May 21, 3:37 PM] KellyeRowland: enoughness is the fucking FOUNDATION

[May 21, 3:37 PM] SheilaHoulahan: FLY, MY PRETTIES

[May 21, 3:37 PM] SheilaHoulahan: with enoughness you can call up Oprah and be like hey girl why aren't we working together yet lmao

[May 21, 3:37 PM] KellyeRowland: hahahahah

[May 21, 3:37 PM] Priyanka Krishnan: 100% in love with your journey on clarifying your true north! EEE. You are charismatic AF <3

[May 21, 3:37 PM] SheilaHoulahan: show the world what you already know!!!

[May 21, 3:38 PM] MelissaPerez: So inspiring! Just followed you on Insta. Thanks Sheila :)

[May 21, 3:38 PM] DawnnieMercado: I love knowing that we are recognizing if we ...choose to jump in the frama pool even that was a choice. Yes don't be on fire

[May 21, 3:38 PM] SheilaHoulahan: why be on fire when you can set the patriarchy on fire

[May 21, 3:38 PM] DawnnieMercado: Drama not frame

[May 21, 3:38 PM] RobLecrone: Thanks for a wonderful chat! Super inspirational!

[May 21, 3:38 PM] SheilaHoulahan: Love y'all!!!

[May 21, 3:40 PM] DawnnieMercado: Yes

[May 21, 3:40 PM] Stephanie Bergeron: Right? Set the patriarchy on fiiiiire!

[May 21, 3:40 PM] KellyeRowland: oh i'm from seattle sheila!

[May 21, 3:40 PM] KellyeRowland: i missed the first couple mins

[May 21, 3:40 PM] deva.jean.philippe: Mars 10th house too !

[May 21, 3:40 PM] Stephanie Bergeron: This was fab. Applause for Sheila!!!

[May 21, 3:40 PM] KellyeRowland: wooooo

[May 21, 3:40 PM] NicoleRycroft: Thanks Shelia & Bonnie! This was great.

[May 21, 3:41 PM] AmeliaRico: 🙌

[May 21, 3:41 PM] KellyeRowland: where are you from sheila?

[May 21, 3:41 PM] SheilaHoulahan: YAY SEATTLE NINJAS

[May 21, 3:41 PM] KellyeRowland: YESSSSS

[May 21, 3:41 PM] SheilaHoulahan: Redmond woووو
[May 21, 3:41 PM] KellyeRowland: omg!!! yayyy
[May 21, 3:41 PM] SheilaHoulahan: I'm actually up here rn taking care of my folks during the pandemic
[May 21, 3:41 PM] RhiannaBasore: <https://bonniegillespie.com/offer>
[May 21, 3:41 PM] DawnnieMercado: I freaking love 💙❤️💜💜 this!
[May 21, 3:41 PM] WestArdere: omg Seattle folks!
[May 21, 3:41 PM] deva.jean.philippe: Yes, thank you for the replays team.
[May 21, 3:41 PM] KellyeRowland: oh wow. i hope they're doiung ok!
[May 21, 3:41 PM] RobLecrone: Thank you, Sheila! Thank you, Bonnie and team!
[May 21, 3:41 PM] SheilaHoulahan: oh yeah they're fine!!
[May 21, 3:42 PM] SheilaHoulahan: they're happy lil old clowns
[May 21, 3:42 PM] KellyeRowland: good! :)
[May 21, 3:42 PM] LibbyBarnard: Give Seattle a hug for me!
[May 21, 3:42 PM] RhiannaBasore: Woot, thank you, Sheila!!!!
[May 21, 3:42 PM] Stephanie Bergeron: Yaaaay!!
[May 21, 3:42 PM] SheilaHoulahan: YAAAAAY
[May 21, 3:42 PM] DawnnieMercado: Thank you
[May 21, 3:42 PM] SheilaHoulahan: signing off now, y'all, see ya around ninjaland or ON SET or on IG or in my studio or at my Twitch show woووو
[May 21, 3:42 PM] KellyeRowland: bye sheila and thanks!
[May 21, 3:43 PM] deva.jean.philippe: Thank you Sheila. Take care and congratulations on all your wins.
[May 21, 3:43 PM] Priyanka Krishnan: Woot! Thanks Sheila and Bon!
[May 21, 3:43 PM] RhiannaBasore: This premiere is now over and continued discussion will be taking place at the Sheila Houlahan replay page! If you're still seeing this chatbox on the mainstage, refresh the page so you get the NEW chatroll for our next premiere.
[May 21, 3:49 PM] JudyKerr: Just loved watching her - she's in the middle of living her dreams! It's so exciting to hear of her path.
[May 21, 5:11 PM] RobLecrone: I lost the link to the DBT Skills Handbook and there are a few things on Amazon that "might" be it...can someone share?