



## Healing Mind DBT — Using Your Skills Coach SuperPrompt

Your **DBT Skills Coach SuperPrompt** helps ChatGPT act like a DBT-informed coach between therapy sessions. Once you've pasted it, the AI will support you with skills practice, validation, and problem-solving — not therapy or crisis support.

### Option 1: Paste the Prompt When You Need It

- Copy the full SuperPrompt from your PDF or handout.
- Open ChatGPT and start a new conversation.
- Paste the SuperPrompt into the first message.
- You're now in DBT Skills Coach mode until you close that chat.

### Option 2: Save It So You Never Have to Paste Again

- In ChatGPT, tap your profile picture (bottom left).
- Choose **Custom Instructions**.
- In the box that says *"How would you like ChatGPT to respond?"*, paste your SuperPrompt.
- Save your settings — your coach will now always start in DBT mode!

■ When the **Healing Mind DBT App** launches, you won't need to paste or save the prompt — your coach will always be ready for you automatically.



Healing Mind DBT • Skills for a Life Worth Living