

DIALECTIC BEHAVIORAL THERAPY

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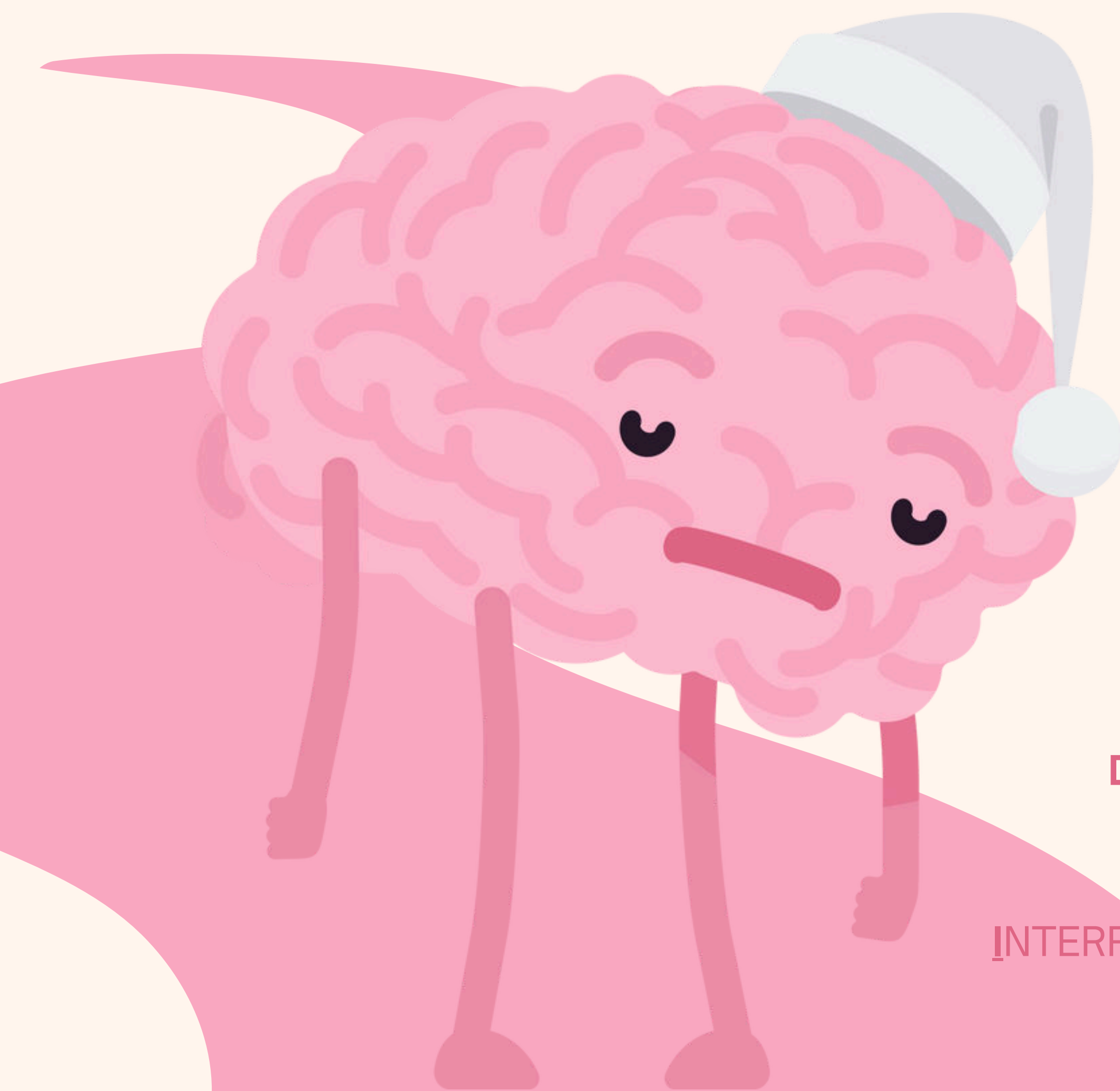
DIALECTIC: THE IDEA
THAT TWO THINGS
CAN BE TRUE AT THE
SAME TIME

*"I CAN LOVE MY
BROTHER, AND I'M
ANNOYED WITH HIM"*

*"I'M GLAD I CAME TO
THIS PARTY, BUT I FEEL
NERVOUS IN THIS
CROWD"*

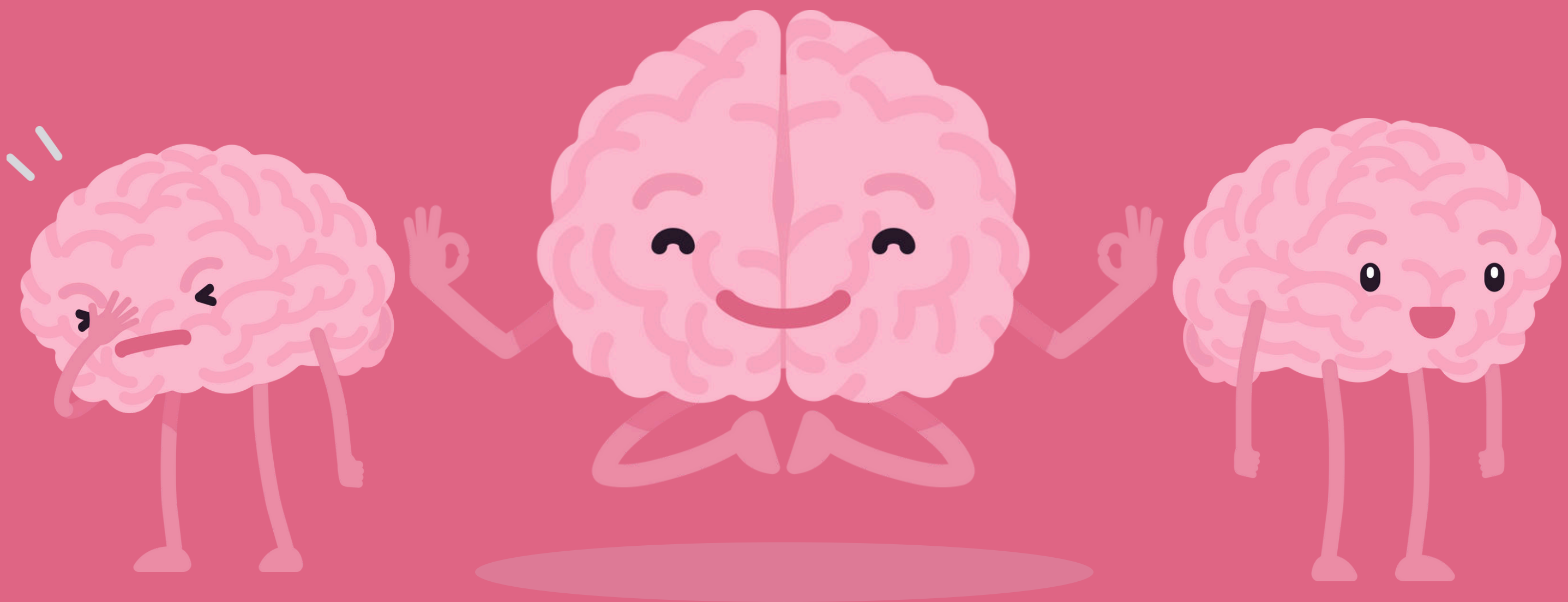
DIME: THE 4 PARTS OF DBT

DISTRESS TOLERANCE
INTERPERSONAL EFFECTIVENESS
MINDFULNESS
EMOTION REGULATION



DISTRESS TOLERANCE

INVOLVES GETTING THROUGH
UNCOMFORTABLE EMOTIONS



ACCEPTS

Use a healthy distraction.

Engage in **activities** that require thought and concentration.

Contribute to someone or something other than yourself.

Compare: Remember you've gotten through other hard times.

Push away negative thoughts for a moment. Schedule worry time for later.

Occupy your mind with other **thoughts** (i.e., count to 100, read a book).

Find safe physical **sensations**.

TIPP

Reduce distress in the moment.

Change the **temperature** (i.e., take a warm shower, splash your face with cold water).

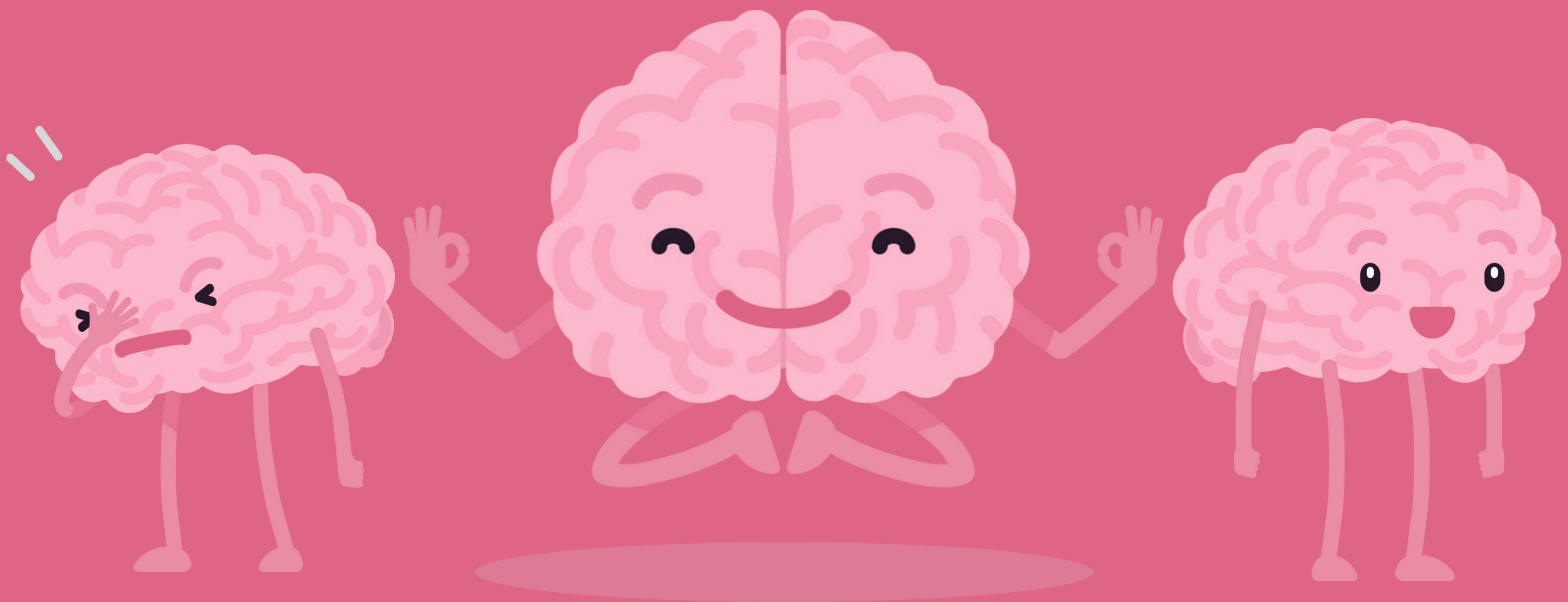
Engage in **intense exercise** (i.e., go on a walk or run, do jumping jacks, lift weights, dance in your room).

Practice **paced breathing**.

Try **progressive muscle relaxation**: Start at the top of your body and move down, tightening and letting go of one muscle at a time.

DISTRESS TOLERANCE

INVOLVES GETTING THROUGH
UNCOMFORTABLE EMOTIONS



RIDE THE WAVE

Identify your urge, and ride it out.

Trigger: Identify stimuli that might trigger you to act on your urge.

Rise: Observe how you feel (physically and emotionally) as the urge starts to intensify.

Peak: You're about to act on your urge — utilize your coping skills.

Fall: You coped. Observe how you feel now that the urge has fallen.

Fish: Remember your supports: people, pets, and values.

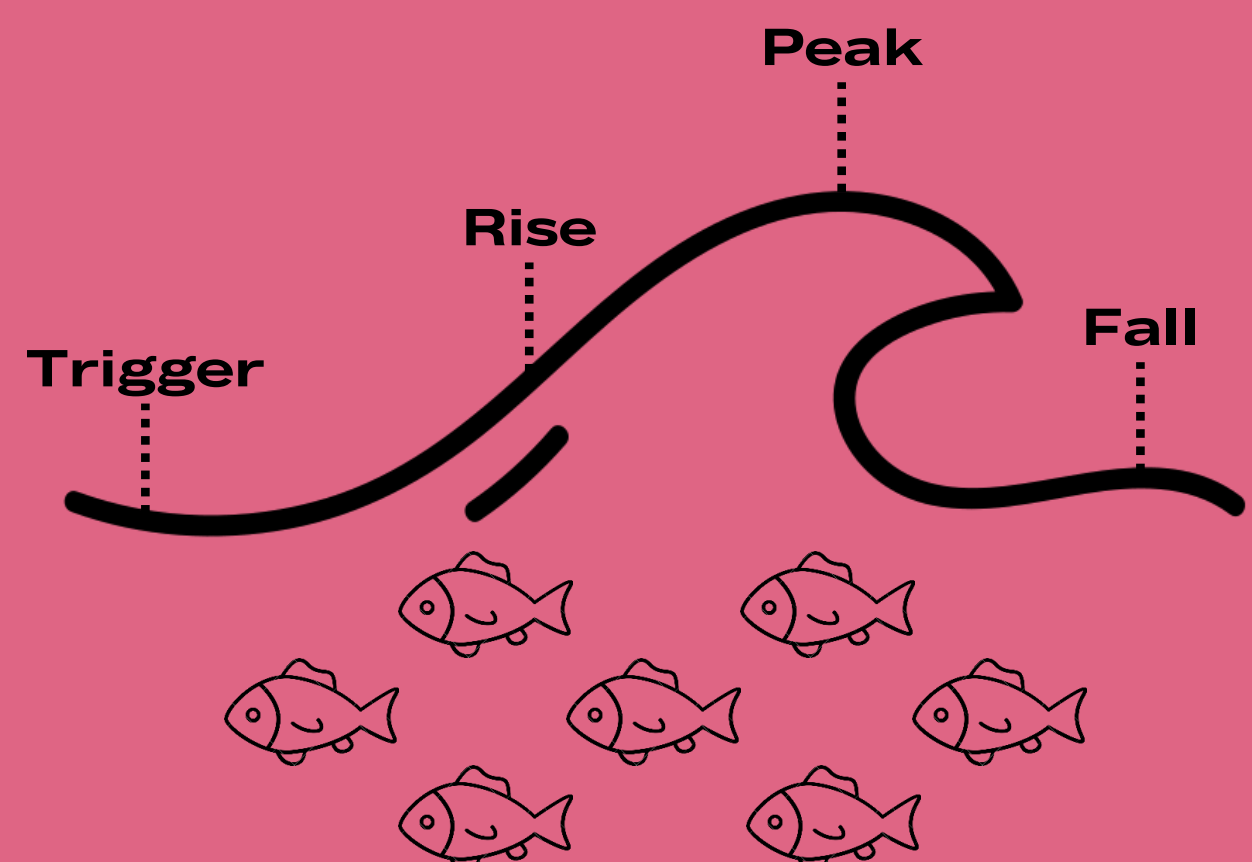
ABC

Understand your impulses.

Antecedent: What happens before?

Behavior: What do I do?

Consequences: What happens as a result of my behavior?





INTERPERSONAL EFFECTIVENESS

INVOLVES COMMUNICATING IN A HEALTHY
AND EFFECTIVE WAY



BOUNDARIES

Rigid boundaries: You're guarded, keep others at a distance, and may seem detached. You're unlikely to ask for help and are very protective of personal information.

Porous boundaries: You tend to overshare, are overinvolved in others' problems, and have difficulty saying "no." You want to please others and sacrifice your self-respect to do so.

Healthy boundaries: You have values and won't compromise them for others. You communicate your wants and needs. You can say "no" and accept when others say "no."

COMMUNICATION STYLES

Passive: not communicating your feelings, fear of speaking up; can lead to misunderstandings

Aggressive: driven by anger and judgment; can create a hostile environment

Passive-Aggressive: indirect communication of feelings; holding onto negative emotions; can cause conflict and resentment

Assertive: confident and respectful; creates space for open and honest conversations; promotes healthy connections





INTERPERSONAL EFFECTIVENESS

INVOLVES COMMUNICATING IN A HEALTHY
AND EFFECTIVE WAY



DEARMAN

Describe the current situation.

Express your feelings and thoughts.

Assert yourself by asking for what you want.

Reinforce the other person by explaining positive effects of what you're asking for.

Be **mindful** and focus on your goals. Maintain your position, and do not get off topic.

Appear confident.

Negotiate alternative solutions to the problem if necessary.

GIVE/FAST

Be **gentle**. Avoid attacks, threats, and manipulation.

Act **interested**. Listen to the other person's point of view, and don't interrupt or talk over them.

Validate the other person's feelings and thoughts.

Use an **easy manner**.

Be **fair** to yourself and the other person.

Don't over-**apologize**.

Stick to your values.

Be **truthful**.



MINDFULNESS

INVOLVES BEING FULLY PRESENT IN THE
MOMENT WITHOUT JUDGMENT



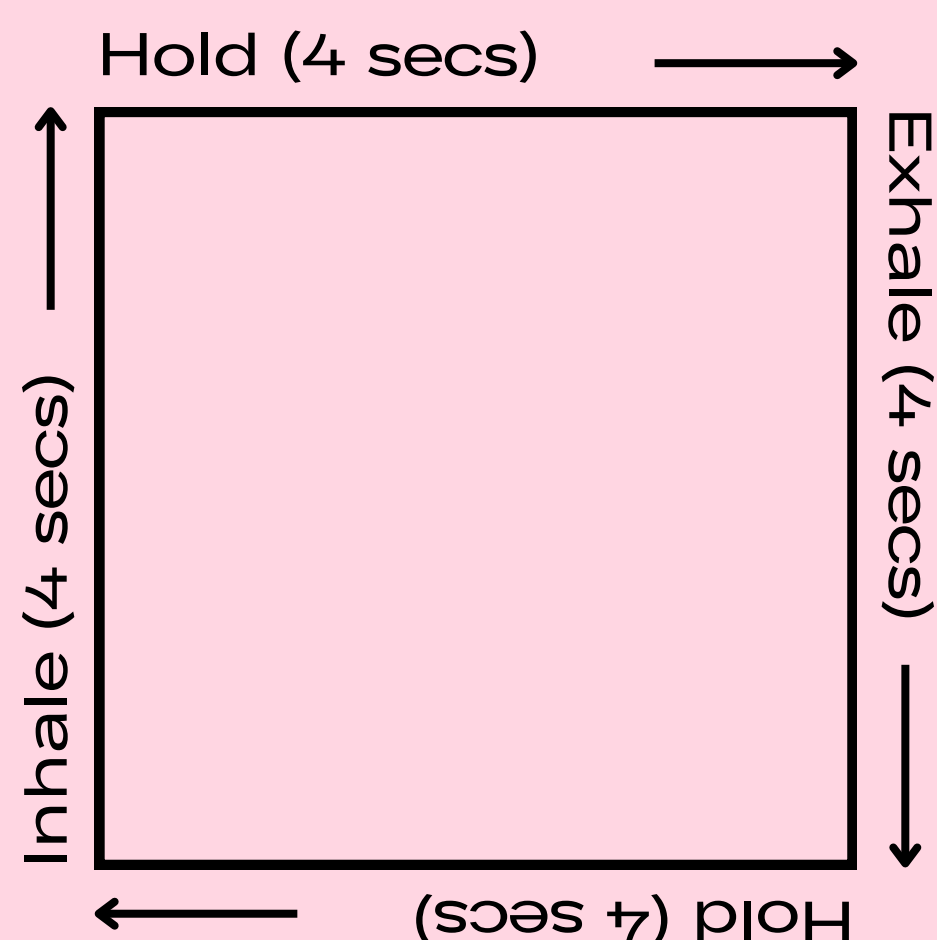
THOUGHT DEFUSION

Let your thoughts come and go. Notice them, acknowledge them, then let them go. Picture your thoughts as leaves floating down a stream or clouds drifting in the sky.

ONE MINDFULLY

Do one thing and focus your full attention on it. Notice how it feels for even just 30 seconds. Your mind may wander, but that's okay — redirect it back to that one thing.

SQUARE BREATHING



MINDFULNESS

INVOLVES BEING FULLY PRESENT IN THE
MOMENT WITHOUT JUDGMENT



5-4-3-2-1

Bring your self back to the present moment. What are 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste?

If you feel overwhelmed by your current environment, you can alter this exercise. Imagine yourself in a calm place. What are 5 things you want to see, 4 things you want to feel, 3 things you want to hear, 2 things you want to smell, and 1 thing you want to taste?

RADICAL ACCEPTANCE

Accept things as they are, rather than ignoring, avoiding, or ruminating. This does not mean you agree, but you acknowledge that some things are out of your control.

“I don’t agree with my parents’ political beliefs, and I know I can’t persuade them.”

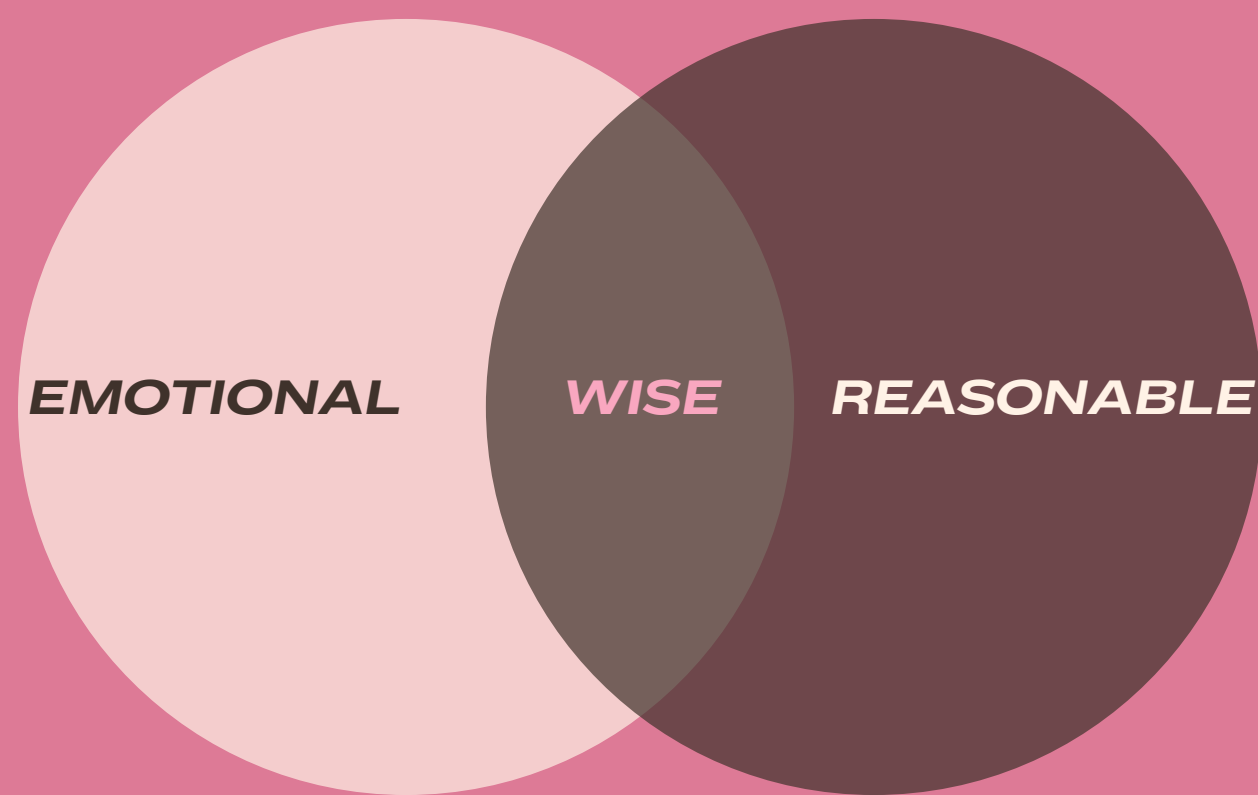
“I wish I didn’t have to go to that class everyday, and I know it’s temporary.”

EMOTION REGULATION

IDENTIFYING AND COPING WITH STRONG EMOTIONS



WISE MIND



Emotional mind relies on feelings. This mind is useful when comforting a friend, but it may be harmful in serious conversations.

Wise mind balances emotions and reason. You are able to recognize and respect your feelings and respond to them in a rational manner.

Reasonable mind relies on facts and logic. This mind is useful when taking tests or doing work, but may be harmful when comforting a friend.

EMOTION REGULATION

IDENTIFYING AND COPING WITH STRONG EMOTIONS



OPPOSITE ACTION

Just as emotions lead to behaviors, behaviors lead to emotions. Doing the opposite action can change how you feel.

If you feel angry, you may want to fight or yell. Instead, you can calmly discuss the problem.

If you feel sad, you may want to self-isolate. Instead, you can spend time with loved ones.

CHECK THE FACTS

When you notice your emotions heightening, ask yourself the following questions:

1. What triggered my emotion?
2. What assumptions am I making?
3. Does the intensity of my emotion match the facts of the situation, or just my assumptions?



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