

**DBT**

**+**

**YOU**

( A beginners guide to  
Dialectical Behavioral Therapy )

# What is DBT?

Dialectical Behavioral Therapy is a type of psychotherapy originally designed for people with borderline personality disorder, although it has proven to be productive for a variety of mental illnesses. DBT is all about learning to live in the moment with, rather than cure, mental illness. It has four basic tenants: mindfulness, interpersonal effectiveness, distress tolerance, and emotional regulation. DBT enables you to look at life as a fluid grayscale rather than a binary black and white and interpret when two seemingly opposing facts are simultaneously true (a dialectic).

# Is DBT for me?

Yes. Absolutely.

DBT is all about learning productive mindsets and techniques to manage stressors and live as positively as possible. Anyone can benefit from the skills of DBT, regardless of if they have a mental illness.

# Mindfulness

- Learning to live in the moment
- Describing your situation in an unbiased way
- Recognizing dialectics and how to navigate them

## Try

Spend one minute internally walking yourself through a simple task (like making a sandwich), describe the scene with all of your senses and try to exist only in that space.

# Interpersonal Effectiveness

- Ascribing positive and negative aspects to social relationships
- Setting social boundaries and learning to say no
- Articulating your needs and getting what you want

## Try

Name one aspect of a relationship you are unhappy with. Write five potential solutions, examining what would make you happy.

# Distress Tolerance

- Learning to exist in the moment while having anxiety
- Deciding the right time to confront emotions
- Have an unbiased perspective when considering your struggles

## Try

Make a self-help box, fill it with items that make you happy or are productive distractions, such as tea bags, directions to watch a movie, or a stress ball.

# Emotional Regulation

- Identify and label the emotions you're feeling
- Recognize triggers and negative situations
- Notice what makes you happy

## Try

Make a chart where you can record your emotions daily, note when something causes an emotion (positive or negative), notice your general mood.

# For more info

[psychcentral.com](https://psychcentral.com)

[behavioraltech.org](https://behavioraltech.org)

[dbtselphelp.com](https://dbtselphelp.com)

Made by Selina Gerosa (who was in a DBT group for two years)



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