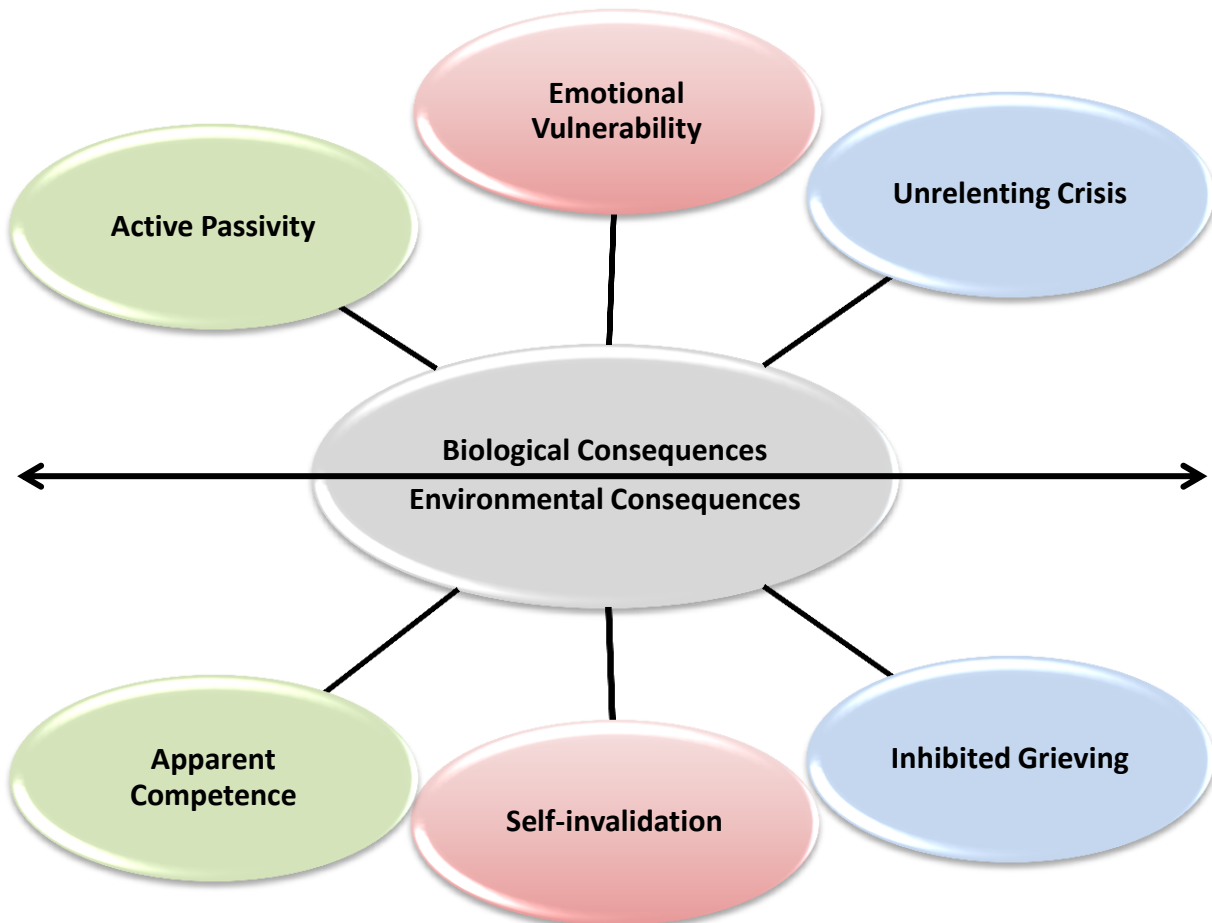
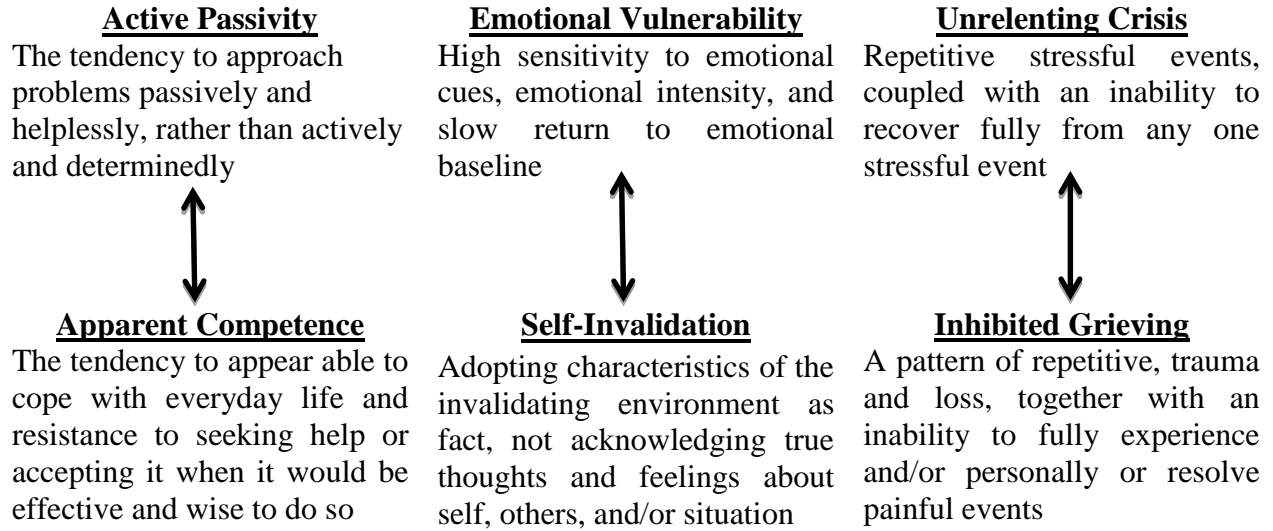


DBT Secondary Behavior Treatment Targets - Handouts & Worksheets

* A key point about the following patterns is that the discomfort of the extreme points on each behavioral dimension insures that individuals swing back and forth between polarities.



DBT Secondary Behavior Treatment Targets - Handouts & Worksheets

↓ The discomfort at each dimension's extreme opposite insures movement between behavioral polarities ↑

Thoughts, Actions, Emotions Relating to Self			
BIOLOGICALLY BASED BEHAVIOR	Active Passivity	Emotional Vulnerability	Unrelenting Crisis
	The tendency to approach problems passively and helplessly, rather than actively and determinedly. <i>"I don't know. You decide."</i> <i>"I will ask my therapist How to handle it. She knows better than me."</i> Other:	High sensitivity to emotional triggers, emotional intensity, and slow return to emotional baseline. <i>"I can't stand feeling like this."</i> <i>"I am too emotional to deal with the situation."</i> Other:	Repetitive stressful events, coupled with an inability to recover fully from any one stressful event <i>"I'm mad and if you don't like it, you can kiss my butt."</i> <i>"I can't handle it. I'm going to bed and staying there."</i> Other:
	Thoughts, Actions, Emotions Relating to Others		
SOCIALLY BASED BEHAVIOR	Apparent Competence	Self-invalidation	Inhibited Grieving
	The tendency to appear able to cope with everyday life <i>"Don't worry about me. I can handle it."</i> <i>"I do not need any help. I have everything under control."</i> Other:	Adopting characteristics of the invalidating environment <i>"I should stop being such a baby."</i> <i>"I over react to everything."</i> Other:	A pattern of repetitive, trauma and loss, together with an inability to fully experience and/or personally or resolve painful events <i>"It's too painful to think about right now. I will deal with it later."</i> Other:

Notes:

DBT Secondary Behavior Treatment Targets - Handouts & Worksheets

Treatment Solutions

↑ The discomfort at each dimension's extreme opposite insures movement between behavioral polarities ↓

	Active Passivity	Emotional Vulnerability	Unrelenting Crisis
BIOLOGICALLY BASED BEHAVIOR	Mindfulness <ul style="list-style-type: none"> • Observe & Describe <ul style="list-style-type: none"> ✓ Thoughts as Thoughts ✓ Feelings as Feelings ✓ Notice moving to the past or the present 	Mindfulness <ul style="list-style-type: none"> • Observe & Describe <ul style="list-style-type: none"> ✓ Thoughts as Thoughts ✓ Feelings as Feelings ✓ Notice moving to the past or the present 	Mindfulness <ul style="list-style-type: none"> • Observe & Describe <ul style="list-style-type: none"> ✓ Thoughts as Thoughts ✓ Feelings as Feelings ✓ Notice moving to the past or the present
	Stay in the Moment <ul style="list-style-type: none"> • One thing at a time • Challenge futurizing & Catastrophizing • Don't get caught in right-or-wrong • Focus on effectiveness 	Stay in the Moment <ul style="list-style-type: none"> • One thing at a time • Challenge futurizing & Catastrophizing • Don't get caught in right-or-wrong • Focus on effectiveness 	Stay in the Moment <ul style="list-style-type: none"> • One thing at a time • Challenge futurizing & Catastrophizing • Don't get caught in right-or-wrong • Focus on effectiveness
	Problem Solving <ul style="list-style-type: none"> • Access positive experiences • Access skillful experiences • What skills can I use? • What skills worked before? • Review skills notebook 	Emotion Regulation <ul style="list-style-type: none"> • Check the facts • Identify emotions • Identify emotions about emotions 	Good-Judgment Skills <ul style="list-style-type: none"> • Activate "Wise Mind" • Pros & Cons
	Self-Management Skills <ul style="list-style-type: none"> • Check vitals • Change antecedents • Change consequences 		Willingness <ul style="list-style-type: none"> • Turn the mind • Radical acceptance • Focus on long-term goals
	SOCIALLY BASED BEHAVIOR	Apparent Competence	Self-invalidation
Interpersonal Effectiveness <ul style="list-style-type: none"> • DEAR=Describe, Express, Assert, Reinforce • MAN=Mindful, Appear Confident, Negotiate • GIVE=Gentle, Interested, Validate, Easy Manner • FAST=Fair, Apology Free, Stick to Values, Truthfulness • Objectives • Self-Respect • Relationship effectiveness • Accurate communication 		Mindfulness <ul style="list-style-type: none"> • Observe & Describe <ul style="list-style-type: none"> ✓ Thoughts as Thoughts ✓ Feelings as Feelings ✓ Notice moving to the past or the present 	Mindfulness <ul style="list-style-type: none"> • Observe & Describe <ul style="list-style-type: none"> ✓ Thoughts as Thoughts ✓ Feelings as Feelings ✓ Notice moving to the past or the present
		Dialectical Reasoning <ul style="list-style-type: none"> • Activate "Wise Mind" • Ask, "Whats being left out?" • Seek the middle Path 	Stay in the Moment <ul style="list-style-type: none"> • One thing at a time • Don't get caught in right-or-wrong • Focus on effectiveness
			Exposure <ul style="list-style-type: none"> • Approach • Do not Avoid • Distress Tolerance

