

Toolbox Handout 1: Orientation and Dialectics



What does the acronym DBT stand for?

Balancing Acceptance and Change is one example of a dialectic, what's another example?

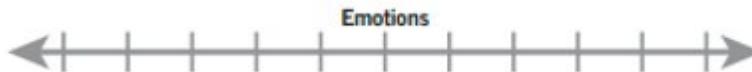
What are the 4 ways to address any problem?

(1)	(3)
(2)	(4)

What is one way I can start practicing thinking Dialectically?

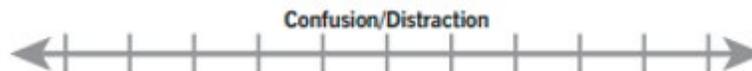
Self-Check In

I am completely in control of my emotions and never try to push them away or change them



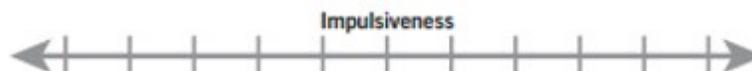
My emotions control everything I do and I cannot change them, OR I don't do/have emotions

I am always completely comfortable with and aware of who I am, how I think, and how I feel



I am not at all comfortable or aware of who I am, how I think, or how I feel

I am always in control of my behaviors; they are never impulsive or emotion-based



My behavior is always out of control and impulsive or emotion-based

I have great relationships; I feel great about myself in all my relationships; and I always feel comfortable asking for things and saying no



My relationships are all over the place; I don't think I have the right to ever ask people for things; and I always give people what they want because I'm a bad person if I don't

Of these four scales, which one(s) would be most helpful to address in your life?

What is a personal goal you have for participating in the Toolbox Webinar series?

----- **At Home Practice:** -----

Briefly describe a situation from the past week where you did not think or act dialectically:

Describe how you thought about or acted in response:

Now, describe both sides of the Dialectic:

SIDE A:

SIDE B:

How can you now honor both sides?

What is a new outcome of thinking dialectically about this situation?
