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SHORT DESCRIPTION OF DBT SKILLS

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VALIDATE SOMEONE ELSE Communicate that others' thoughts/feeling/actions make sense, are accurate, and acceptable. THINK DIALECTICALLY Move from "either-or" to "both-and" statements. Avoid "always" and "never" statements. ACT DIALECTICALLY Practice looking at all sides of the situation. Find the kernal of truth.	the the		
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ocus on this week:			
Monday	Tuesday	Wednesday	Thursday
Friday	Saturday	Sunday	Things to remember to talk about in therapy: