

BURNING BRIDGES & BUILDING NEW BRIDGES

DBT
Dialectical Behavior Therapy

DBT Skills and Concepts

Burning Bridges

- Identify your harmful urges and behaviors that you want to stop – fighting, self-harm, avoiding work, and substance abuse
- Remove everything that enables these unhealthy behaviors – paraphernalia, personal contacts, social media habits, associated foods or drinks
- Know your triggers – people, places, even thoughts – and strategize to avoid or get through them

Building Bridges

- Find supportive people and enjoyable activities to replace the negative ones
- Envision your improved life when you no longer act on harmful urges



The
Texas
Model^{2.0}