

# HALF-SMILING

## DBT Skills and Concepts

DBT  
Dialectical Behavior Therapy



## Half-Smiling



- Half-Smiling involves using your facial expression to accept reality by relaxing your face, neck, and shoulders, and adopting a serene half-smile.
- Facial expressions can help control emotions, making you feel more accepting when your face conveys acceptance.
- The half-smile is primarily a self-communication technique to influence your own feelings, rather than a visible gesture for others.

