

# WILLING HANDS

DBT Skills and Concepts

DBT  
Dialectical Behavior Therapy



## Willing Hands ↩

- Hands unclenched, palms up, and fingers relaxed represent the concept of “willing hands.”
- Clenched hands are a sign of anger, which opposes the acceptance of reality.
- Anger drives us to change or fight against reality, while our goal here is to practice acceptance.

