

# DIALECTICAL BEHAVIOR THERAPY (DBT)

## IS IT FOR YOU OR SOMEONE YOU KNOW?

1. Do you or someone you know have problems controlling emotions? Would you describe yourself or him/her as moody? Do you find that you or she/he gets angry very quickly?
2. Do you feel that you or someone you know has peer relationships that are out of control? Does you or this person frequently worry about being abandoned, unconnected from other people? Or do you or this person quickly become overly involved with peers and have difficulty maintaining personal boundaries?
3. Do you or someone you know have trouble knowing what you or she/he wants to do? Is feeling empty inside a familiar feeling?
4. Do you find that what you or someone you know does depends totally upon moods or emotions? Do you or she/he have trouble with any of these behaviors: suicide attempts, self-injurious acts, alcohol or drug use, over or under eating, impulsive or aggressive behaviors?



Did you find yourself answering 'yes' to most of these questions? DBT, a comprehensive treatment program, may be of help to you or the person you know.

DBT is a program that involves individual therapy, group skills training, and coaching.