

INTERPERSONAL EFFECTIVENESS HANDOUT 16C

Identifying Dialectics

For each group, check the most dialectical response.

- 1A. Pay attention to your effect on others.
- 1B. Assume that others' reactions to you are unrelated to your treatment of them.

- 5A. Examine a difficult relationship by looking at how the interactions over time between you and the other person may be problematic.
- 5B. Assume that difficulties in a relationship are caused completely by you or by the other person.

Saying:

- 2A. "I know I am right about this."
- 2B. "I can see your point of view, even though I do not agree with it."
- 2C. "The way you are thinking doesn't make any sense."

Saying:

- 6A. "It is hopeless. I cannot do it."
- 6B. "This is a breeze. I've got no problems."
- 6C. "This is really hard for me, and I am going to keep trying."

Saying:

- 3A. "Everyone always treats me unfairly."
- 3B. "I believe the coach should reconsider his decision to cut me from the team."
- 3C. "Coaches know best who to keep on teams and who to cut."

- 7A. When you disagree with someone, be sure and be very clear about your point of view.
- 7B. When you disagree with someone, try and see their point of view.

- 4A. Judge friends as disloyal and uncaring if they start changing in ways you don't like.
- 4B. Accept that interests change.

- 8A. Demand that relationships be stable without changing.
- 8B. Embrace change and see it as inevitable.

Note. Adapted in part from Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press. Copyright 2007 by The Guilford Press. Adapted by permission.

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