WALKING THE MIDDLE PATH HANDOUT 7

Practice Exercise: Thinking and Acting Dialectically

| Due Date |
|---|
| Identify a time this week when you did <i>not</i> think or act dialectically. |
| Example 1: Briefly describe the situation (who, what, when) |
| Example 1. Briefly describe the shouldn't (who, what, when) |
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| How did you think or act in this situation? |
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| |
| Are you thinking in extremes (e.g., all or nothing or catastrophizing)? Examples: |
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| |
| What is a more dialectical thought (or action) about the situation? |
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| |
| What was the outcome? |
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| Identify a time this week when you <i>did</i> think or act dialectically. |
| Example 2: Briefly describe the situation (who, what, when) |
| |
| How did you think or get in this cituation? |
| How did you think or act in this situation? |
| |
| What was the outcome? |
| That was me esterne. |
| |

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