

Practice Exercise: Thinking and Acting Dialectically

Due Date _____

Identify a time this week when you did *not* think or act dialectically.

Example 1: Briefly describe the situation (who, what, when) _____

How did you think or act in this situation? _____

Are you thinking in extremes (e.g., all or nothing or catastrophizing)? Examples: _____

What is a more dialectical thought (or action) about the situation? _____

What was the outcome? _____

Identify a time this week when you *did* think or act dialectically.

Example 2: Briefly describe the situation (who, what, when) _____

How did you think or act in this situation? _____

What was the outcome? _____
