

Getting Unstuck



**Presented by CSUEB Counseling Services
Week 12 - DBT Skills**

Introductions:

Share your name, pronouns, year @ CSUEB, major &
What relationship are you grateful for today?



A Few Zoom Guidelines

- Please mute your audio while others are talking and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations

Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Step forward, step back
- Ask others before giving them feedback
- Assume positive intent from others
- Take responsibility for your needs

Gratitude



1. Think about 3 things that you take for granted but are actually very thankful for.

We all have things that we take for granted. This is the time to reflect and discover which of those you value the most. For me, in this moment, it's physical health.

2. Think about 3 things that you appreciate about yourself.

Pick things that are meaningful. These can involve your personality, your qualities, your actions, or anything else directly related to yourself.

3. Think about 3 things that you feel grateful for about your present--right now--experience.

Components of DBT

ACCEPTANCE

MINDFULNESS

Being aware of the present moment without judgement

CHANGE

EMOTIONAL REGULATION

Understanding and reducing vulnerability to emotions, changing emotions

DISTRESS TOLERANCE

Managing a crisis without worsening the situation, accepting reality as it is

INTERPERSONAL EFFECTIVENESS

Getting needs met, maintaining relationships, increasing self-respect in relationships

Interpersonal effectiveness: Three Communication Styles





Thinking your needs don't matter at all	Recognising that your needs matter as much as anyone else's	Thinking that only your needs matter
Give in	Compromise	Take
Not talking, not being heard	Talking and listening	Talking over people
Trying to keep the peace	Making sure things are fair - for you and others	Looking out for yourself
Allowing yourself to be bullied	Standing up for yourself	Bullying others
Not saying what you think, or not saying anything	Express your point clearly and confidently	Can lead to shouting, aggression or violence
Damages relationships - other people respect you less	Enhances relationships - other people know where they stand	Damages relationships - other people don't like aggression
Damages your self-esteem	Builds your self-esteem	Damages others self-esteem

Interpersonal effectiveness: Discussion

- What communication style do you tend to use in your close relationships? How does that contribute to your feelings of being stuck?
- How is asserting your needs with others *and yourself* a helpful tool for when you are feeling stuck?

10 Ways to Build and Preserve Better Boundaries

- 1. Name your limits** - You can't set good boundaries if you're unsure of where you stand (**can be too enmeshed -trouble saying no) or too rigid (trouble saying yes/ may need to widen boundary)**
- 2. Tune into your feelings** - Two key feelings/red flags or cues that we're letting go of our boundaries are: discomfort and resentment
- 3. Be direct** - With some people, maintaining healthy boundaries doesn't require a direct and clear-cut dialogue. With others, such as those who have a different personality, you'll need to be more direct about your boundaries.
- 4. Give yourself permission** - Fear, guilt and self-doubt are big potential pitfalls that may lead us to avoid enforcing our boundaries. Boundaries aren't just a sign of a healthy relationship; they're a sign of self-respect. So give yourself the permission to set boundaries and work to preserve them.
- 5. Practice self-awareness** - Again, boundaries are all about honing in on your feelings and honoring them.

10 Ways to Build and Preserve Better Boundaries

6. Consider your past and present - The way you were raised might have a lot to do with the boundaries that feel natural to you now. For example, if you were expected to be a caretaker, you may be used to putting others' needs before yours. Your current environment may also influence your expectations for yourself and others.

7. Make self-care a priority - Give yourself permission to put yourself first. Recognize that your feelings are important, and honor them. Taking good care of ourselves means that we will be in a better place to relate well with others - everyone wins.

8. Seek support - If you're having a hard time with boundaries, it can be helpful to talk with others about your challenges and get their feedback. This might be with good friends, a support group, a mentor, or supportive family members. Sometimes you can even find people with whom you can practice setting boundaries together and holding each other accountable.

10 Ways to Build and Preserve Better Boundaries

9. Be assertive - Of course, we know that it's not enough to create boundaries; we actually have to follow through. Even though we know intellectually that people aren't mind readers, we still expect others to know what hurts us. Since they don't, it's important to assertively communicate with the other person when they've crossed a boundary.

10. Start small - Like any new skill, assertively communicating your boundaries takes practice. Try starting with a small boundary that isn't threatening to you, and then incrementally increasing to more challenging boundaries.

Additional Resources

- CBT apps: CBT Thought Diary, MindDoc: Your Companion, What's Up, MoodTools
- Counseling Groups throughout every week
- Virtual RAW events, especially Mindful Minutes
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs



Check Out

Think about what skills you might want to practice from home this week:

- Gratitude practice
- Assertiveness skills
- Be aware of healthy boundaries





STOPP Technique

S – Stop! Just pause for a moment.

T – Take a Breath Notice your breathing as you breathe in and out.

O – Observe What thoughts are going through your mind right now? Where is your focus of attention? What are you reacting to? What sensations do you notice in your body?

P – Pull Back – Put in Some Perspective. What's the bigger picture? Take the helicopter view; What is another way of looking at this situation? What would a trusted friend say to me right now? Is this thought a fact or an opinion? What is a more reasonable explanation? How important is this? How important will it be in 6 months' time?

P – Practice What Works – Proceed What is the best thing to do right now? For me? For others? For the situation? What can I do that fits with my values? Do what will be effective and appropriate (Vivyan, 2015).