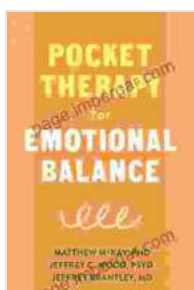


# Quick DBT Skills to Manage Intense Emotions: Your Pocket Therapist

Do you struggle with intense emotions that seem to control your life? Do you feel overwhelmed by anxiety, anger, or depression? If so, you're not alone. Millions of people struggle with emotional dysregulation, which can make it difficult to live a happy and fulfilling life.



## Pocket Therapy for Emotional Balance: Quick DBT Skills to Manage Intense Emotions (New Harbinger Pocket Therapy) by Philip Kennicott

**Pocket Therapy** by Philip Kennicott

★★★★☆ 4.3 out of 5

Language : English  
File size : 2797 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 176 pages  
Screen Reader : Supported



DBT (Dialectical Behavior Therapy) is a type of psychotherapy that has been shown to be effective in helping people manage their emotions. DBT skills can help you to identify and challenge your negative thoughts, regulate your emotions, and improve your relationships.

This book provides a quick and easy-to-use guide to DBT skills. You'll learn how to:

- Identify your triggers
- Challenge your negative thoughts
- Regulate your emotions
- Improve your relationships

With this book, you'll have the tools you need to take control of your emotions and live a happier, more fulfilling life.

## **What is DBT?**

DBT is a type of psychotherapy that was developed by Marsha Linehan in the 1970s. DBT is based on the idea that people with emotional dysregulation have difficulty regulating their emotions because they have not learned the skills to do so. DBT skills are designed to help people learn how to identify and challenge their negative thoughts, regulate their emotions, and improve their relationships.

## **How can DBT help me manage my intense emotions?**

DBT skills can help you manage your intense emotions in a number of ways. First, DBT skills can help you to identify your triggers. Triggers are the things that cause you to feel intense emotions. Once you know what your triggers are, you can start to avoid them or prepare for them.

Second, DBT skills can help you to challenge your negative thoughts. Negative thoughts can lead to intense emotions. By challenging your negative thoughts, you can change the way you think about yourself and the world, which can lead to a more positive outlook on life.

Third, DBT skills can help you to regulate your emotions. Emotional regulation is the ability to manage your emotions so that they don't control you. DBT skills can help you to learn how to calm down when you're feeling overwhelmed, and how to cope with difficult emotions in a healthy way.

### **What are the benefits of using DBT skills?**

There are many benefits to using DBT skills. Some of the benefits include:

- Reduced emotional intensity
- Improved emotional regulation
- Reduced self-harm and suicidal thoughts
- Improved relationships
- Increased quality of life

### **How can I learn DBT skills?**

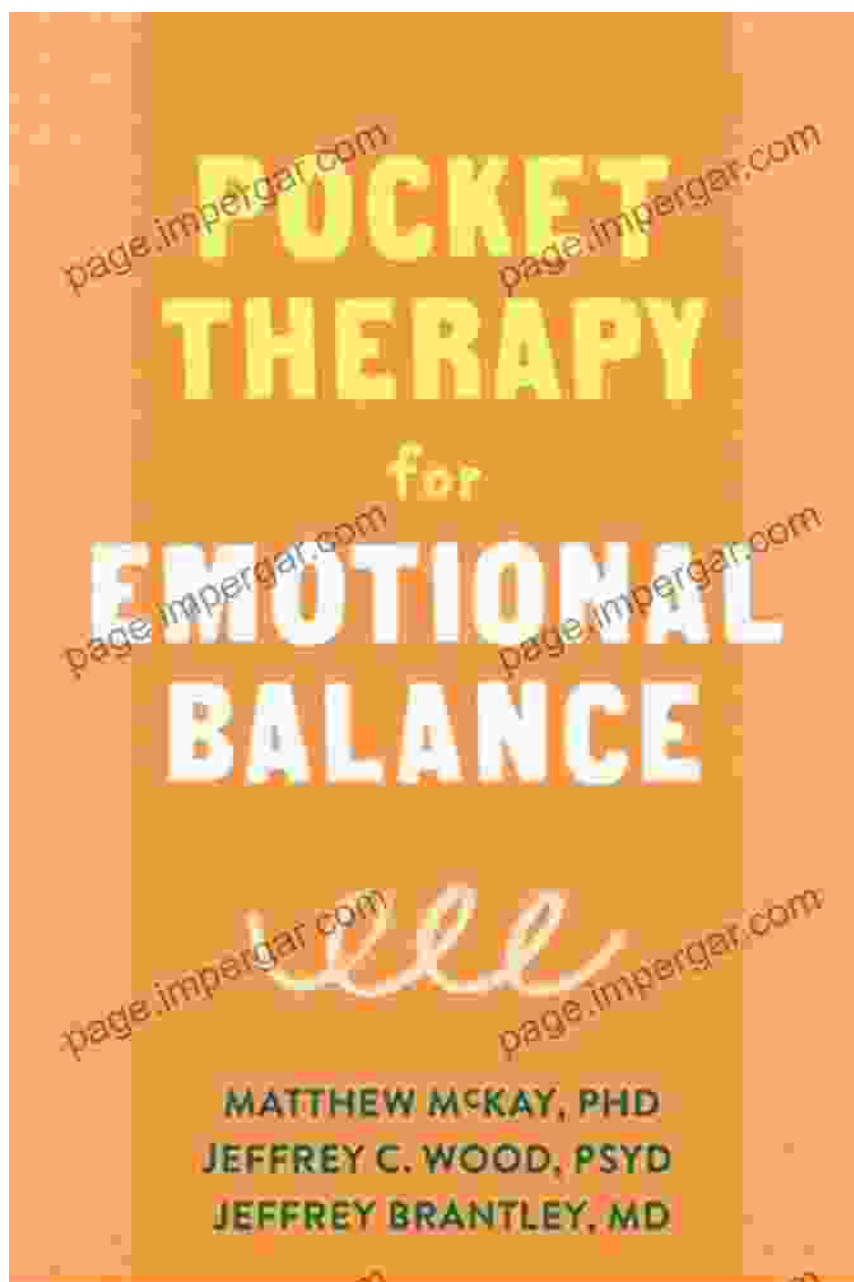
There are a number of ways to learn DBT skills. You can attend a DBT therapy group, work with a DBT therapist, or read a book about DBT skills. This book is a great resource for learning DBT skills. It provides a clear and concise overview of the four modules of DBT, and it includes exercises and worksheets that can help you to practice the skills.

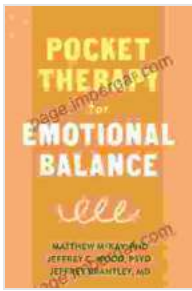
If you're struggling with intense emotions, I encourage you to learn DBT skills. DBT skills can help you to take control of your emotions and live a happier, more fulfilling life.

**Free Download your copy of Quick DBT Skills to Manage Intense Emotions today!**

This book is available in paperback and ebook formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your favorite bookseller.

Don't wait another day to start managing your intense emotions. Free Download your copy of Quick DBT Skills to Manage Intense Emotions today!

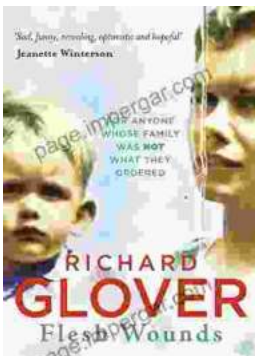




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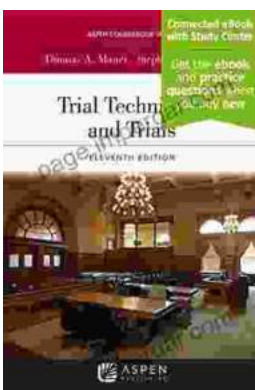
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