



### **Live life to the fullest!**

Do you often wonder how to bridge the gap between what your head knows is true and what your heart feels? We are told by Paul in 2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God, and **we take captive every thought to make it obedient to Christ.**" DBT provides tools that help us take every thought captive and to stop being a slave to sin.

**Dialectical Behavioral Therapy (DBT)** was begun by Marsha M. Linehan in the early 1990's. This therapy is beneficial for many counseling situations. DBT skills and tools can assist those who suffer with PTSD and other traumas; mental health and/or human growth issues. DBT combines cognitive and behavioral therapies. DBT can be taught in individual therapy, in a group or both. It was not developed as a Christian form of therapy yet can be adapted to help those who choose to believe in God.

DBT focuses on helping people modify their ways of thinking and behaving. The word "dialectical" simply means that two things can be true at the same time—for the Christian this means that we own our own sinfulness yet at the same time accept Christ's death on the cross as payment for our sins and the gift of Christ's righteousness in place of our own sinfulness. Romans 7: 15 speaks to the battle that goes on in each person. "For what I want to do I do not do, but what I hate I do." For many people this leads to self condemnation and destructive coping mechanisms instead of living out of Romans 8:1 which says "Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death." Knowing God's love for us helps to heal past wounds and change destructive behaviors patterns of communication that often hurt relationships.

**Live mindfully.** There are several components of living in the present or mindfully. One way is to notice your senses to reflect on your present condition. What do you see, hear, smell, taste as you sit quietly and breathe deeply? Another way is to take time to consider what you are feeling "in the moment" and then look at where the feeling is coming from. Look at your present feelings and thoughts in light of what you know to be true in God's Word. Filter any thoughts or actions through Scripture and adjust them. Allowing ourselves to be present brings us into an awareness who we are in Christ. "Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has

called me heavenward in Christ Jesus" Philippians 3:13-14. God's mercies are new every day.

**The Interpersonal Effectiveness module** is useful in several situations. It teaches ways to get what you want from your life's situation. One of the many tools in this module is **DEAR MAN**. This is an acronym for D – describe situation, E – Express feelings or opinions, A – Assert, R – reinforce. M – be mindful, A – appear confident, N – negotiate. When one learns to use these skills in daily life, life is richer, one succeeds in getting wants met and relationships with self and others improve drastically.

**Emotion Regulation module goals include:** understanding the emotions you experience; reducing emotional vulnerability; and decreasing emotional suffering. A skill to practice in this module is "**PLEASE MASTER**". This acronym shows one how to reduce one's vulnerability to difficult emotions. Requirements include: Treat **Physical** illness, Balance **eating, Avoid** mood-**Altering** drugs, Balance **Sleep**, Get **Exercise** and Build **Mastery**. When one practices and incorporates these skills, life is less painful and happiness grows.

**The Distress Tolerance Module** guides one to practice skills for tolerating painful events and emotions when you cannot make things better right away. This module includes three ways to moderate distress: **Distract, Look to Scripture for Wisdom, Self-soothe the five senses to improve the moment.** The **Improve the Moment skills include** the following: imagery, meaning, prayer, relaxation, one thing at a time, vacation, and encouragement. People often feel the distress of the past in the present as real as it occurred the first time. Building distress tolerance helps allow time to heal from the past and apply what the Bible says about life in the present. This skill is especially important for anyone who is plagued with negative thoughts or of self harm.

The tools provided through DBT help people find peace with God, themselves and others. Do you need help to live this kind of life?

Contact The Peacemaker Center if you interested in exploring DBT as a treatment option.

THE PEACEMAKER CENTER  
103 Garris Rd  
Exton PA 19341  
610-269-2661

[WWW.thepeacemakercenter.org](http://WWW.thepeacemakercenter.org)