

A thin vertical white line is positioned on the left side of the slide. In the bottom-left corner, there is a decorative pattern of several overlapping, wavy white lines.

DBT TECHNIQUE: IMPROVE



THIS TOOL HELPS US TO CONFRONT THE CRISIS

I – IMAGERY

M – MEANING

P – PRAYER

R – RELAXING ACTIONS

O – ONE THING IN THE MOMENT

V – VACATION

E – SELF-ENCOURAGEMENT AND RETHINKING

DBT TECHNIQUE: IMPROVE

I – IMAGERY

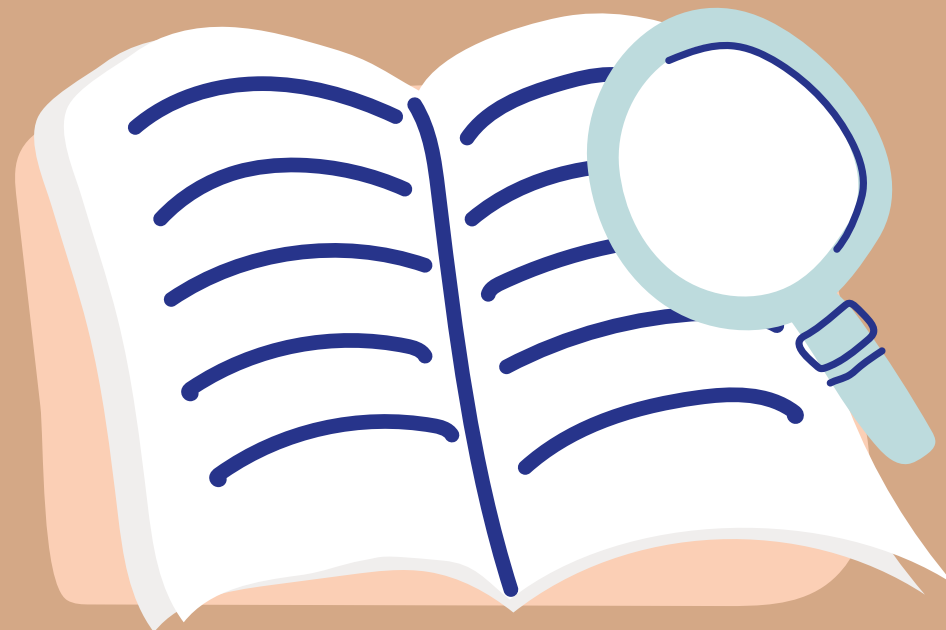
YOUR IMAGINATION TO CREATE SOME SAFE SPACE FOR
YOURSELF



DBT TECHNIQUE: IMPROVE

M – MEANING

SEARCH FOR THE PURPOSE IN A PAINFUL MOMENT.



DBT TECHNIQUE: IMPROVE

P – PRAYER

PRAY, NO MATTER TO WHOM, SPACE, GOD,
UNIVERSE, COSMOM....



DBT TECHNIQUE: IMPROVE

R – RELAXING ACTIONS

DO SOME ACTIVITY THAT WILL RELAX YOU



DBT TECHNIQUE: IMPROVE

O – ONE THING IN THE MOMENT

DO ONE THING IN THE MOMENT TO AVOID FEEL OVERWHELMED



DBT TECHNIQUE: IMPROVE

V – VACATION

TAKE A BREAK.GIVE YOURSELF A SHORT VACATION OR JUST
STAY IN BED FOR A WHILE AND REST



DBT TECHNIQUE: IMPROVE

E – SELF-ENCOURAGEMENT AND RETHINKING

ENCOURAGE YOURSELF. USE POSITIVE AFFIRMATIONS SAY OR THINK OF PHRASES LIKE, "I AM GREAT", "YOU GOT THIS," "I WILL BE OK,"





write your reflections on this lecture:

