



DBT TECHNIQUE: T.H.I.N.K.





THIS TECHNIQUE WAS DEVELOPED TO REDUCE
NEGATIVE EMOTIONS TOWARD OTHERS.



T- THINK
H - HAVE EMPATHY
I - INTERPRETATIONS
N - NOTICE
K - KINDNESS

T.H.I.N.K.

T- THINK

THINK ABOUT THE SITUATION FROM THE OTHER PERSON'S
PERSPECTIVE.



T.H.I.N.K.

H - HAVE EMPATHY

WHAT DOES IT FEEL LIKE TO BE THE OTHER PERSON? LET YOURSELF
FEEL HER EMOTIONS FOR A MOMENT.



T.H.I.N.K.

I - INTERPRETATIONS

INTERPRETATIONS OF THE OTHER PERSON'S BEHAVIOR. THINK ABOUT POSSIBLE REASONS WHY SHE/HE DID THE THING THAT UPSET YOU.



T.H.I.N.K.

N - NOTICE

NOTICE THE OTHER PERSON. NOTICE WHEN SHE IS TRYING TO BE KIND AND IMPROVE THE RELATIONSHIP.



T.H.I.N.K.

K - KINDNESS

SHOW KINDNESS IN YOUR RESPONSE. THIS DOESN'T MEAN YOU HAVE TO FORGIVE AND FORGET IMMEDIATELY. THIS SIMPLY MEANS THAT YOUR WORDS ARE KIND.



KINDNESS CAN IMPROVE THE SITUATION, YOUR FEELINGS AND
FEELING OTHER PERSON





write your reflections on this lecture:

