Assignment - Reflecting on Dialectical Thinking

This exercise will help you better understand and apply DBT principles in your daily life and help you start reflecting on what Dialectical means to you.

Instructions.

- Recall a situation where you weren't dialectical:
- Describe the situation in detail.
- What were your thoughts during that moment?
- What actions did you take?
- What were the consequences for you?
- What were the consequences for others involved?
- Reflect on how you could have approached the situation more dialectically.

Example

Last week, I had a disagreement with a friend about our plans for the weekend. I was set on going to a specific restaurant, while my friend preferred something else. I was so fixated on my preference that I dismissed their suggestion without considering it.

I felt that my choice was the best option and believed that my friend should just agree with me. I was thinking, "Why can't they just go along with what I want for once?"

I insisted on my choice and didn't really listen to my friend's reasons. I became defensive and slightly irritated, which led to a tense conversation.

I felt frustrated and disconnected from my friend after our conversation. I was also a bit embarrassed afterward, realising I had been inflexible.

My friend felt unheard and undervalued. This caused some strain in our relationship for the next few days, and they were reluctant to make plans with me afterward.

I could have approached the situation more dialectically by acknowledging my friend's preferences and seeking a compromise that satisfied both of us. Instead of insisting on my way, I could have asked, "What's important to you about your choice? Maybe we can find something that works for both of us." This would have led to a more constructive and collaborative discussion, ultimately strengthening our relationship rather than causing tension.

Describe the situation	What were your thoughts?	What actions did you take?	What consequences?	What consequences for others?	Reflection