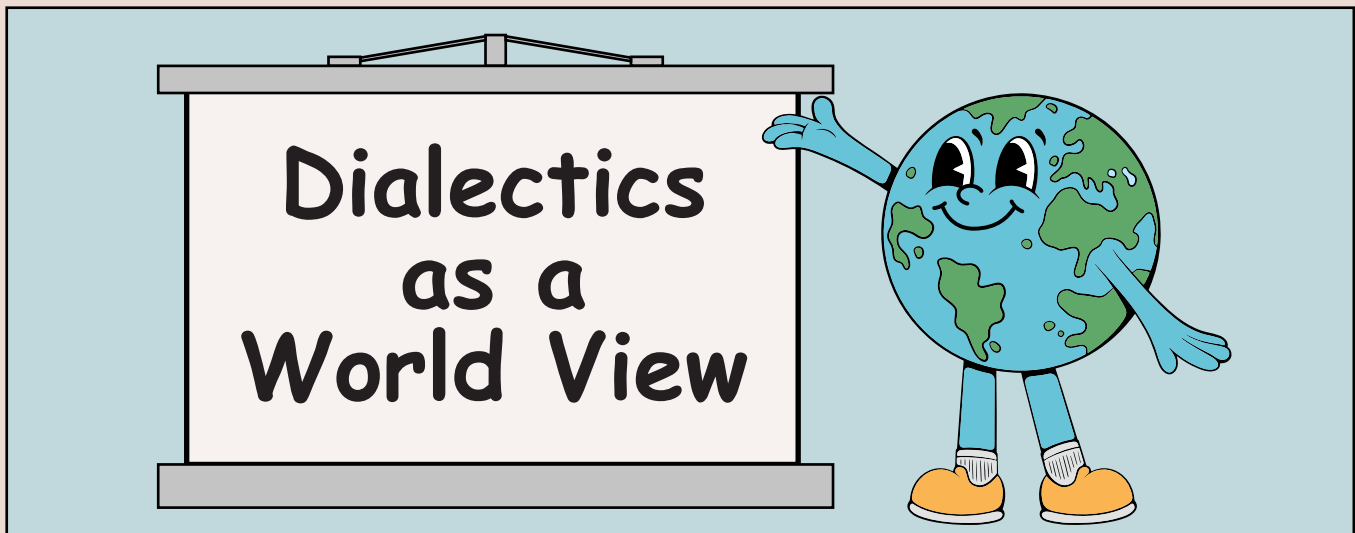
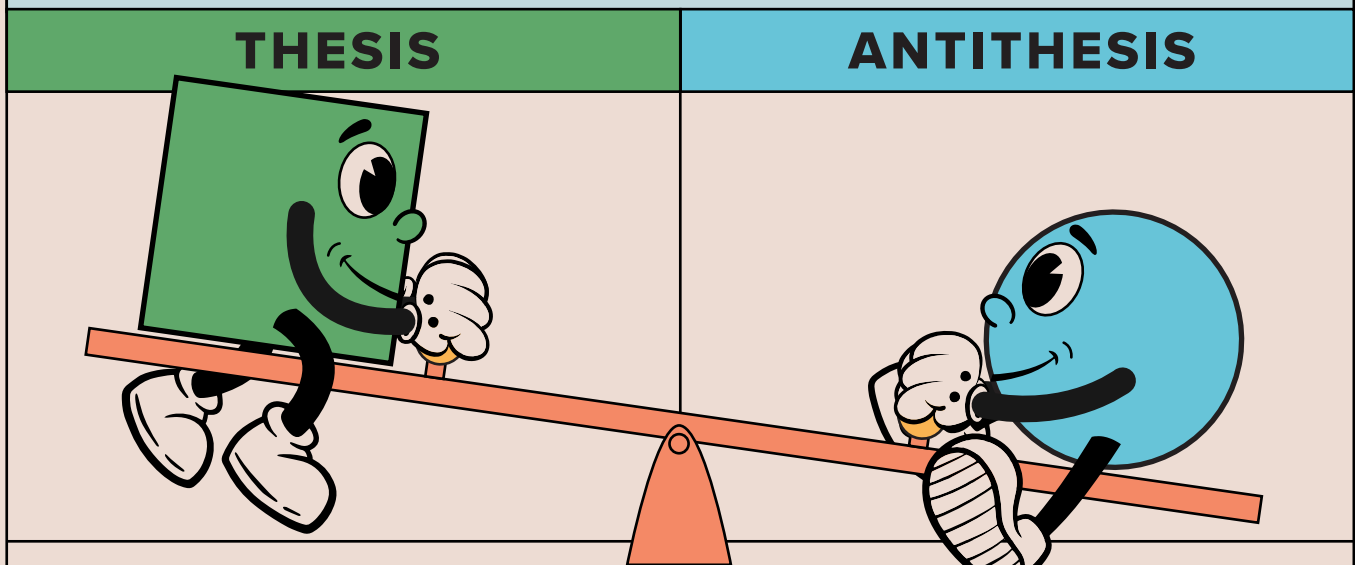


# UNDERSTANDING DIALECTICS IN DIALECTICAL BEHAVIOR THERAPY (DBT)



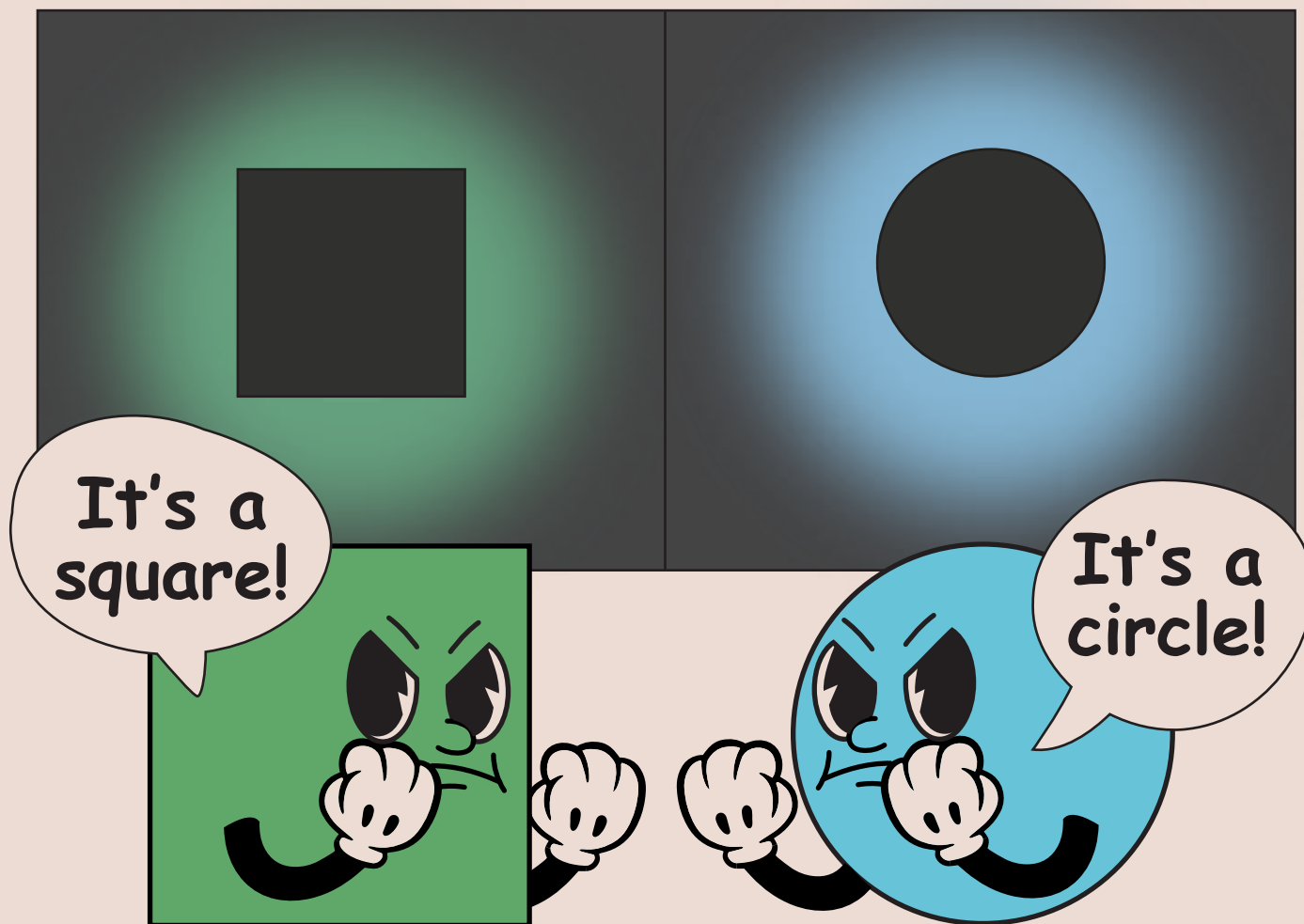
A **dialectical** philosophy guides **DBT**. It assumes that everything is interrelated, that tension is inevitable, and that change is constant. To adopt a dialectical worldview means to strive to embrace that seemingly opposite ideas can both be true and to accept change as a natural occurrence.



**Dialectics** is like a teeter-totter: the two seats reflect opposite sides or truths that can exist at the same time. These opposites sides are called **“thesis”** and **“antithesis.”**

## UNDERSTANDING DIALECTICS IN DIALECTICAL BEHAVIOR THERAPY (DBT)

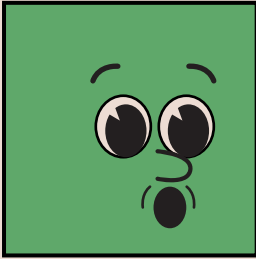
### SHINING A LIGHT ON MULTIPLE TRUTHS



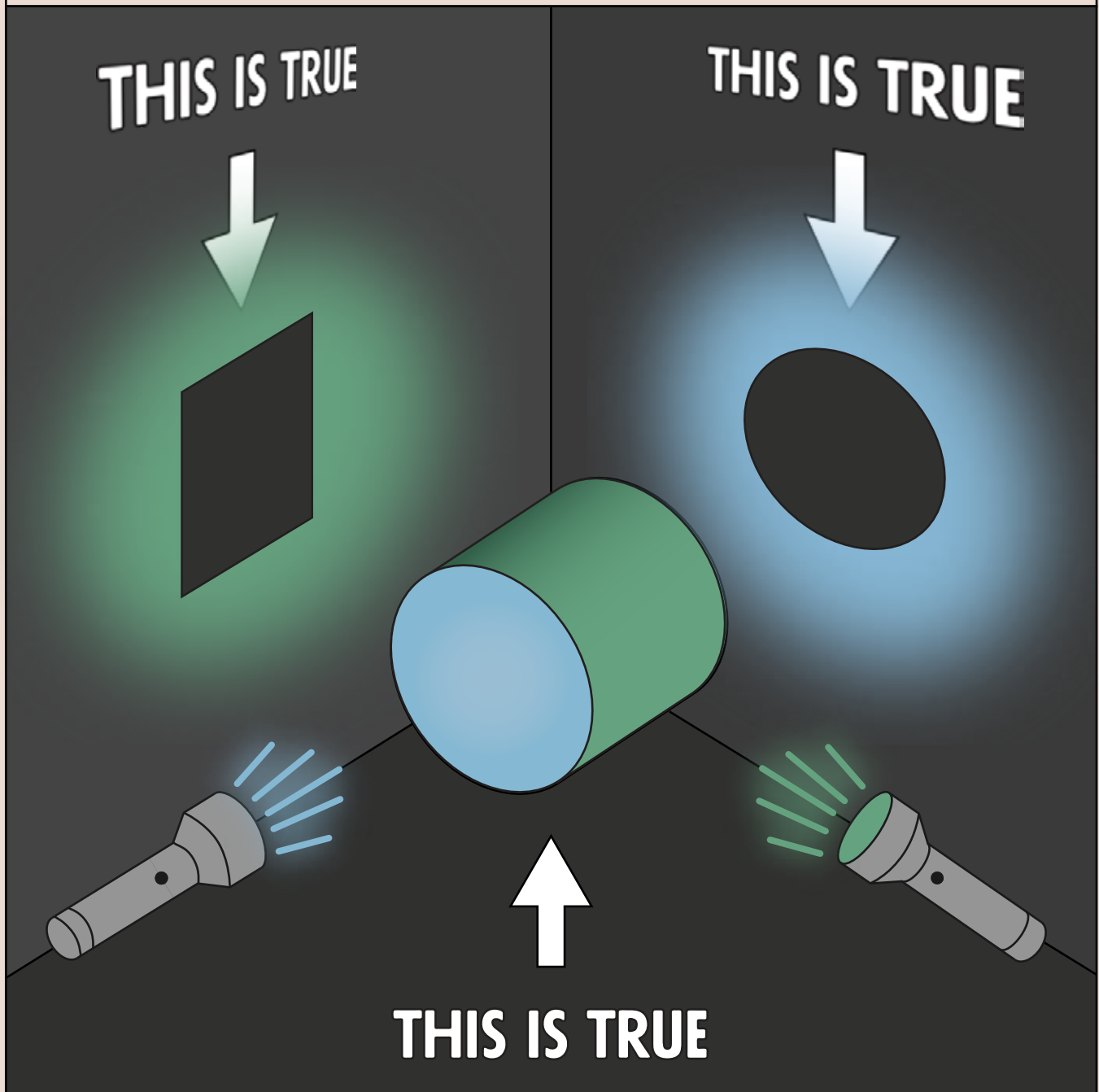
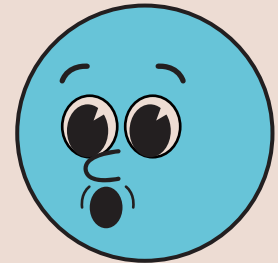
### THE PROBLEM

When we get stuck in one “truth,” we don’t see things from different perspectives, which can intensify negative emotions. And when we don’t consider other viewpoints, it’s hard to find solutions that will help us manage our emotions and communicate effectively with others.

# UNDERSTANDING DIALECTICS IN DIALECTICAL BEHAVIOR THERAPY (DBT)

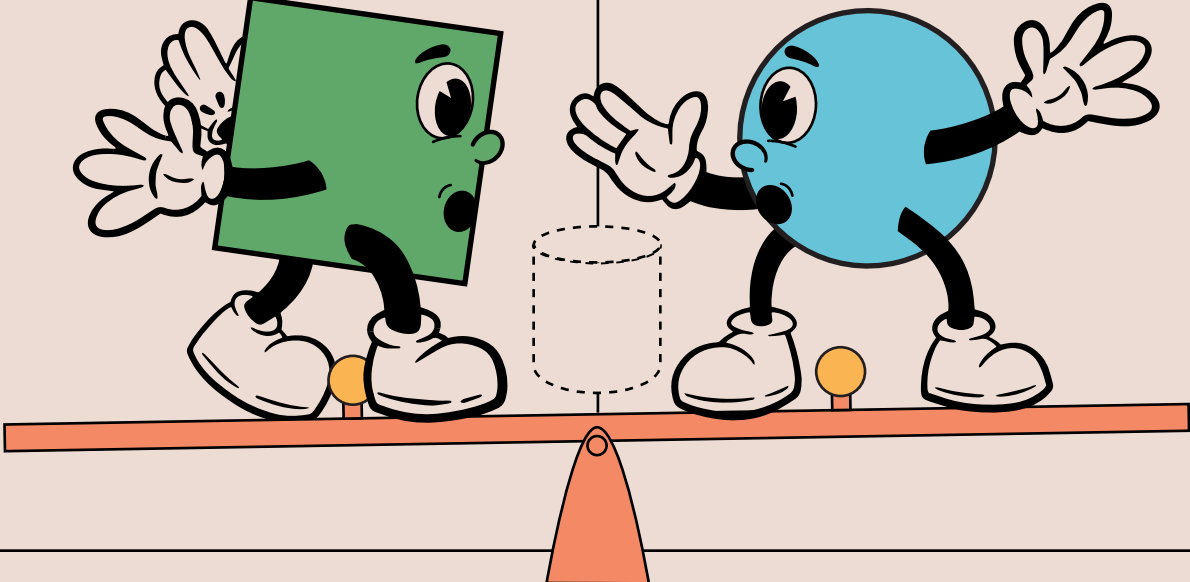
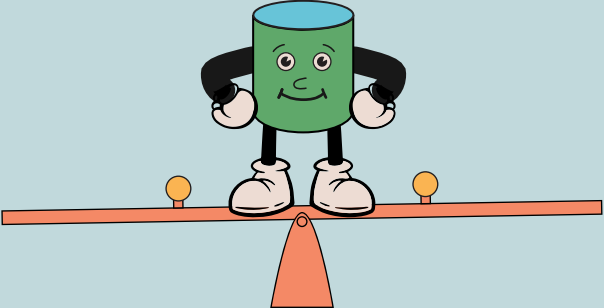


**LOOK AT  
THE BIGGER  
PICTURE**



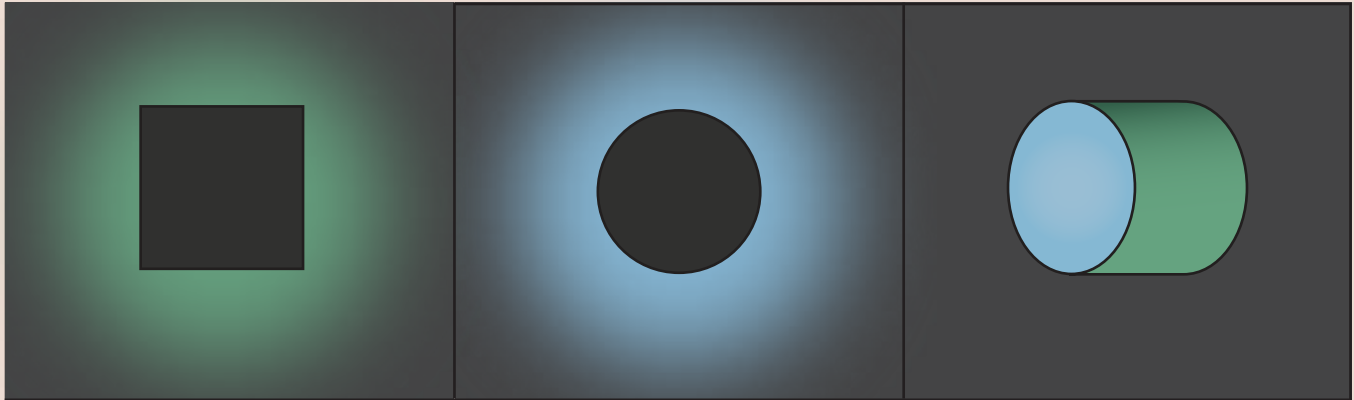
\*If you are the creator or know the identity of the creator of the original cylinder art, please email [andrea\\_gold@brown.edu](mailto:andrea_gold@brown.edu) so we can give credit.

# UNDERSTANDING DIALECTICS IN DIALECTICAL BEHAVIOR THERAPY (DBT)

THESIS	ANTITHESIS
	
<p>Being <b>dialectical</b> means sliding back and forth on the teeter-totter to balance both sides. Then we can move to the middle and achieve a greater level of understanding called a...</p>	
SYNTHESIS	
<p>A balancing of opposing ideas to find a "middle path" or new truth.</p>	

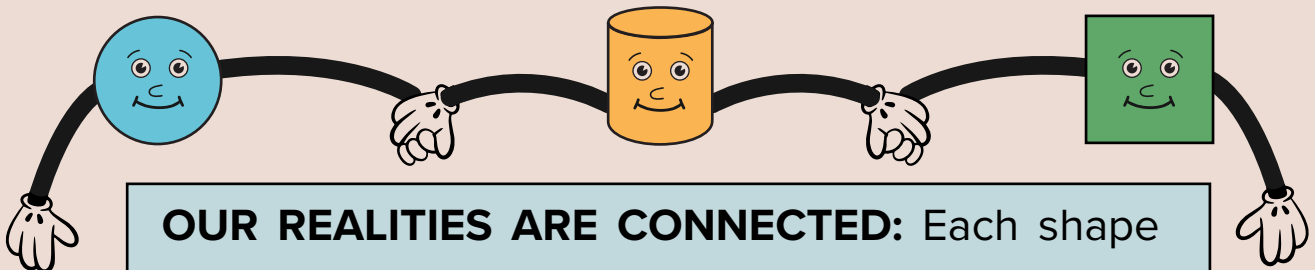
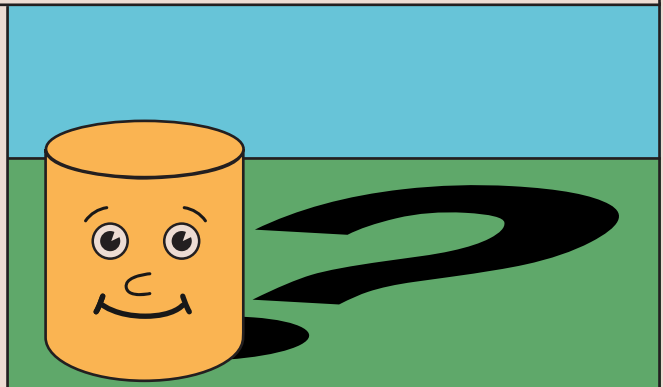
# UNDERSTANDING DIALECTICS IN DIALECTICAL BEHAVIOR THERAPY (DBT)

## DIALECTICS REMINDS US:



**THERE ARE MULTIPLE TRUTHS:** Just as the cylinder casts both a square and a circle shadow, every situation contains more than one perspective or truth. Multiple truths can exist at the same time.

**THERE IS ALWAYS MORE TO SEE:** Looking just at the shadows, we miss the full picture. Thinking dialectically means asking, “What am I missing?”






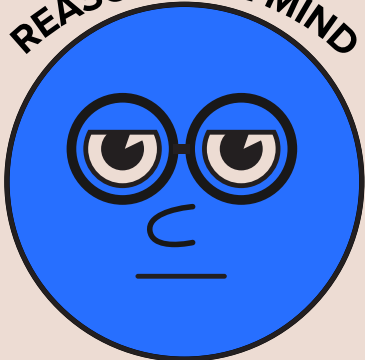

**OUR REALITIES ARE CONNECTED:** Each shape reveals different aspects of the other, and when combined form a fuller understanding, or a synthesis, which is represented by the cylinder.

# UNDERSTANDING DIALECTICS IN DIALECTICAL BEHAVIOR THERAPY (DBT)

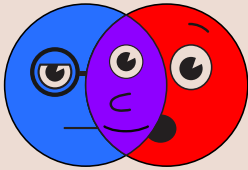
## WISE MIND AND SYNTHESIS

A common example of dialectics in **DBT** is the **States of Mind**. DBT identifies three primary **States of Mind**.

### THE THREE STATES OF MIND

<h4>REASONABLE MIND</h4>  <p>Reasonable Mind is when our actions are driven by logic.</p>	<h4>EMOTION MIND</h4>  <p>Emotion Mind is when our actions are driven by emotions.</p>
<b>+</b>	
<h4>WISE MIND</h4> <p>Wise Mind is the <b>synthesis</b> of Reasonable Mind and Emotion Mind. It is when we integrate logic and long-term goals with our wants and feelings.</p> 	
<h4>REASONABLE MIND</h4> 	<h4>EMOTION MIND</h4> 

Often the synthesis of Reasonable Mind and Emotion Mind as Wise Mind is represented by a **Venn diagram**.



In a typical Venn diagram, when you overlap **blue** with **red**, you get **purple**.

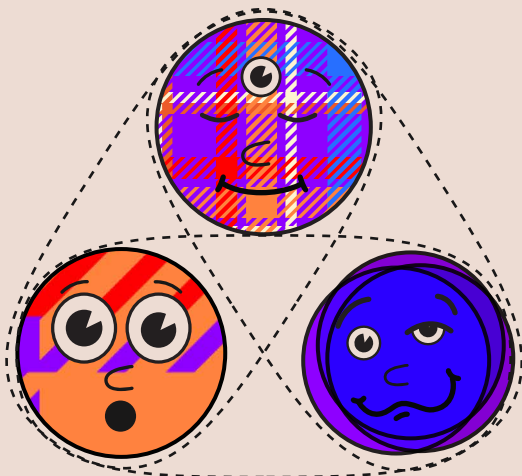
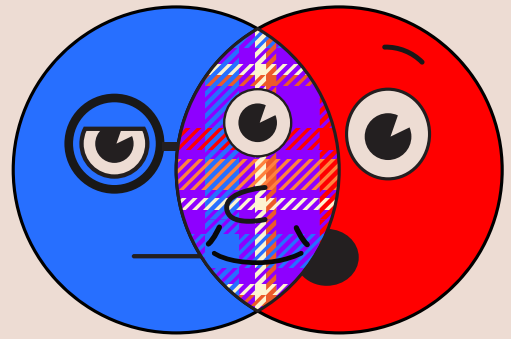
**WAIT! THERE'S MORE...!**

# UNDERSTANDING DIALECTICS IN DIALECTICAL BEHAVIOR THERAPY (DBT)

## DIALECTICS REMINDS US:

### SYNTHESIS IS NOT COMPROMISE:

Synthesis is not just a blend of **red** and **blue** into **purple**. Rather, synthesis is a **plaid**, integrating the original colors while also introducing new shades and textures.



### TO EMBRACE PARADOX AND

**CONFUSION:** From far away plaids can blur into a single color, from up close they can look like a mish mash of interweaving threads. Dialectics challenges us to see situations from various perspectives and embrace complexities, without erasing either side.



**SYNTHESIS LEADS TO NEW TRUTHS:** Opposing truths can coexist, leading us to a richer understanding. The plaid pattern shows how our combined insights are deeper than the sum of individual perspectives.