



Out-of-Control: A Dialectical Behavior Therapy (DBT) - Cognitive-Behavioral Therapy (CBT) Workbook for Getting Control of Our Emotions and Emotion-Driven Behavior

By Melanie Gordon Sheets Ph.D.

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Out-of-Control: A Dialectical Behavior Therapy (DBT) - Cognitive-Behavioral Therapy (CBT) Workbook for Getting Control of Our Emotions and Emotion-Driven Behavior By Melanie Gordon Sheets Ph.D.

Emotionally penetrating 420 PAGES PACKED with insight-generating text, questions, worksheets, tools, and attitudes to GET CONTROL of OUT-OF-CONTROL emotions, behaviors, and thinking. Addresses relapse/recovery struggles, anger, depression, anxiety, desperation, toxic thinking, self-worth, losses, the past, relationship problems, and destructive coping (substance abuse, suicide attempts/gestures, cutting, physical/verbal rages, codependency, overeating, overshopping, etc.) Explains why we do the things we do and why we keep doing these things when they cause more pain/problems. Teaches skills to end this cycle of suffering. Powerful worksheets for the Cycle of Suffering, Big Picture of My Life, Mindfully Protecting My Peace and Stability, Challenging Negative Judgments of Me, the Wise Mind Worksheet, My Game Plan, Levels of Emotion Chart, etc. Teaches acceptance, Leaning Into pain/problems, choosing battles, boundaries, willingness, distress tolerance, using Rational Mind to Think Through destructive thoughts/impulses for Wise Mind problem-solving and life-enhancing responses, & MUCH MORE. Captures the dynamic process of a highly acclaimed "modified DBT" group for general, forensic, and VA inpatients. It's "DBT twisted," a practical blend of understandings of human nature and techniques of change from DBT, CBT, Psychodynamic theory, AA, and 25 years of patient care and personal recovery. Dr. Sheets' down-to-earth, humorous, southern character and her passion to connect with those she serves defines this work. Informal language and format to engage those who don't like to read- avid readers typically adjust. It's a life-changing experience that has turned many defeated hearts into empowered spirits that are psychologically prepared to take on the challenges of GETTING ON and STAYING ON the Recovery Path. More on author's page. If you have difficult issues, seek qualified help to complete. 2nd ed. changes: cover, title, and minor text

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