Managing during a rough period:

1. Assume the best: give yourself the benefit of the doubt
   1. Remind yourself that there are always many possibilities that could explain why you behave/function as you do.
   2. You are more than your brain injury.
   3. Remind yourself that you are doing the best you can
2. Take a nonjudgmental stance: Let go of the “shoulds”
   1. Let things be as they are
   2. Notice and accept your dislike of things that are different than you wanted
   3. Recite your strengths and qualities
3. Notice when your emotions color your understanding of your situation
   1. Remind yourself that emotions can lead to conclusions that may not match up with facts
   2. Distinguish your emotionally laden thoughts from true facts
   3. Label your emotions
   4. Check out your conclusions with a trusted ally
4. Focus on regulating your emotional reactions before acting on any conclusions that could lead to risky or non-social behavior.
   1. Use a calming strategy, change your environment, exercise, talk to a friend, use positive self-talk to regain perspective
   2. Don’t act on any conclusions until calm
   3. Remember, you are a worthy individual

Based on DBT Skill developed by Seth Axelrod, PhD