



DBT

center of orange county

January Newsletter



Entering the New Year with Mindful Intention

Starting the New Year can be exciting AND overwhelming. It is important to be mindful, tune into your wise mind in order to set intentions that are aligned with your values and help you build your Life Worth Living!

Our skill of the month is Mindfulness: Wise Mind. Getting to a wise-minded place helps a person balance the emotional and rational mind in order to make the decisions that will serve you best.

Settle into wise mind by engaging in a wise mind meditation or some paced breathing, then set intentions, not goals, for your year.

What are you hoping to cultivate in your life? How do you want to feel?

What would you like to focus on?

Radical Acceptance



As 2018 comes to a close, I look back on the passed year with its challenges, triumphs, disappointments, and celebrations, and feel called to write about one of my most favorite DBT skills - that of Radical Acceptance. Radical Acceptance does not allow for regret or self-flagellation. It allows for complete and utter acceptance that what has gone has gone, what is done, is done, what is, is! Radical Acceptance allows for an internal place in both mind and body to be completely in acceptance of reality.

For many Radical Acceptance is a difficult skill to grasp. There are times when pain cannot be avoided but suffering can. I tell my patients that suffering is inevitable and that we CAN choose the level of our suffering. Using DBT skills CAN reduce the level of our suffering. People may have a misperception that Radical Acceptance means approval of a specific situation. In fact, this is not what Radical

Acceptance is about. To the contrary, Radical Acceptance is about accepting reality for what it is without judgment - with pure and total acceptance that nothing can be done to change a situation. It does not mean that you sanction or agree with a specific situation. Rather that you can acknowledge a situation for what it is - the death of a loved one, the eviction notice, the loss of a job, things not working out the way you think they 'should'.

My husband and I love to travel to places around the world and it is in the challenges of our travel escapades that my use of the Radical Acceptance skill becomes invaluable: Missing flights, losing luggage, getting sick and being unable to crawl out of bed on the day a giraffe calf was born (a rare sighting on the African savannah), as well as accidents and broken bones. Whatever may happen, the good, the bad, Radical Acceptance has helped me overcome strong negative emotions such as anxiety, fear, disappointment, and anger. It has helped me accept whatever comes my way for being exactly that - a fully embracing acceptance of reality. IT IS WHAT IT IS!

The first part of Radical Acceptance is 'turning the mind' towards radically accepting situations, places, and people. The skill begins with knowing that radical acceptance will alleviate suffering and any negative emotions and responses that may result.

A rather mundane example is that of going to the dentist. This is not something I particularly enjoy because it can be painful, uncomfortable, and expensive - depending on the amount of dental work needed. But because I do my best to take care of my health, dental hygiene is a component of this. So I have to Radically Accept that this may be uncomfortable, painful and expensive. It is useless fighting this - and far easier to accept that this is what it is. Learning to create that space inside ourselves to fully accept 'what is' exactly as that.

As we begin a New Year, my hope is that you too can learn how to embrace the skill of Radical Acceptance. I guarantee that by doing so, this skill will decrease your suffering as well as offer you a greater path to peace and tranquility.

Dr. Michele Lob PsyD., MFT, CEDS

New DBTOC Programs

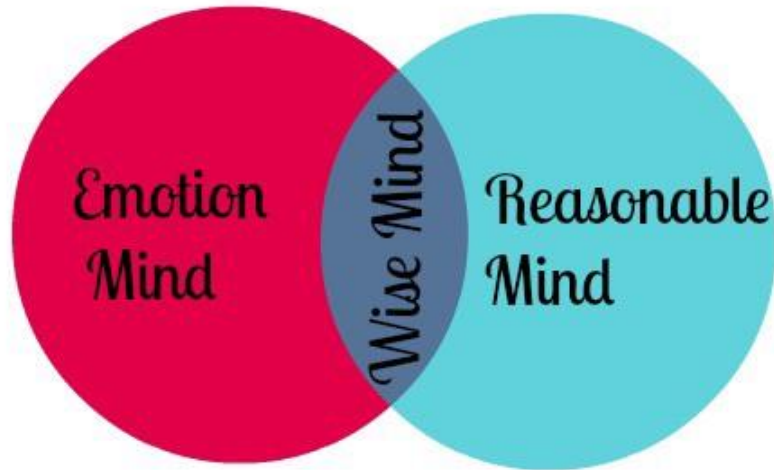


Multi-Family Group for Adolescents
and their Parents begins January
8th, 2019!



Living Powerfully DBT Skills Class
on Wednesdays from 1-2:30pm
starts January 9th, 2019. This is a
wonderful opportunity for adult
women to learn DBT Skills!

DBT Skill of the Month: Wise Mind



Dr. Linehan describes Wise Mind as "The middle path", "bringing left brain and right brain together" and "seeing the value of both reason and emotion".

You cannot make a big decision without listening both to your Reasonable Mind and Emotion Mind. It is important to take both your feelings and the facts into account.

When one is purely in Emotion Mind they are mood-dependent, impulsive, and ruled by their emotions. When one is strictly in Reasonable Mind they are robotic, cool, rational and ruled by the facts. There is wisdom in seeing value in both of these minds and to integrate them in order to make wise minded decisions.

There are many ways to practice tuning into wise mind including:

- Breathing in "Wise", breathing out "Mind"
- Wise Mind visualization meditations
- Ask Wise Mind a question & listen to your internal wisdom for the answer
- Prior to reacting, ask yourself, "Is This Wise Mind?"
- Engage in some paced breathing and allow yourself to ground and find your center

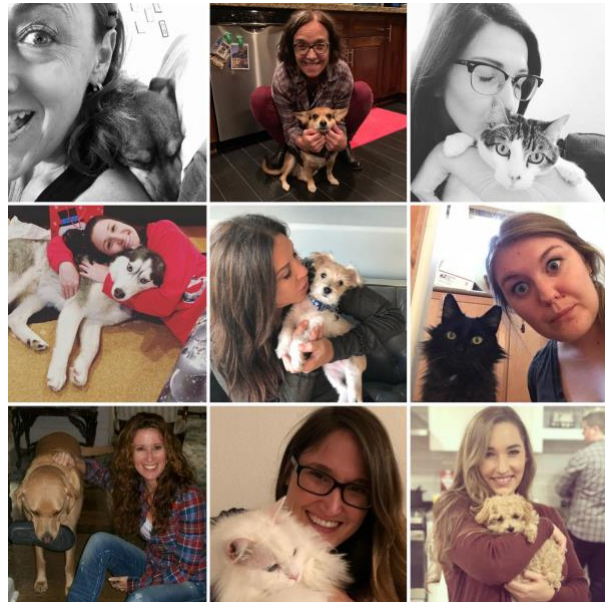
Linehan, M. M. (2015). *DBT Skills Training Manual, Second Edition*. New York, NY: The Guilford Press.

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Let us fill our hearts
with our own
compassion -
towards ourselves
and towards all
living beings.
-Thich Nhat Hanh
#MindfulMonday
DBT Center of Orange County

"The best way to
capture moments is to
pay attention.
This is how we
cultivate mindfulness."
- Jon Kabat-Zinn
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DBT Center of Orange County
dbtcenteroc.com
4299 MacArthur Blvd.
Suite 200
Newport Beach, CA 92660
(949) 480-7767