One Thing with Flexibility - Concept brief

Understand the idea behind one thing with flexibility and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor reads one paragraph while allowing a needed movement break.

The idea

Focused attention can be adapted to capacity and interruptions.

An ordinary example

Taylor reads one paragraph while allowing a needed movement break.

What this can look like

Choose a tiny task, define a short focus interval, and plan how to return after interruption.

Check the fit

What amount of focus is realistic today? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

Reflection

What amount of focus is realistic today?

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A05-1