Describe without Judgment - Concept brief

Understand the idea behind describe without judgment and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor changes a self-insult into a description of missing one deadline.

The idea

Description can separate events from global evaluations.

An ordinary example

Taylor changes a self-insult into a description of missing one deadline.

What this can look like

Translate three judgmental labels into specific observations while retaining valid concerns about injustice.

Check the fit

What information becomes clearer when the label is removed? 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 information becomes clearer when the label is removed?

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-A04-1