Reducing Vulnerability Realistically - Review journal

Review an attempt at reducing vulnerability realistically and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Taylor's irregular shift makes standard sleep advice difficult to use.

Use an ordinary or fictional example, with a clinician when appropriate. Daily care is shaped by health, resources, and access.

Practice task

Map feasible supports for rest, nourishment, prescribed care, and manageable routines without setting medical or exercise prescriptions.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What adaptation fits your actual conditions? My optional adjustment or support request:

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-A15-5