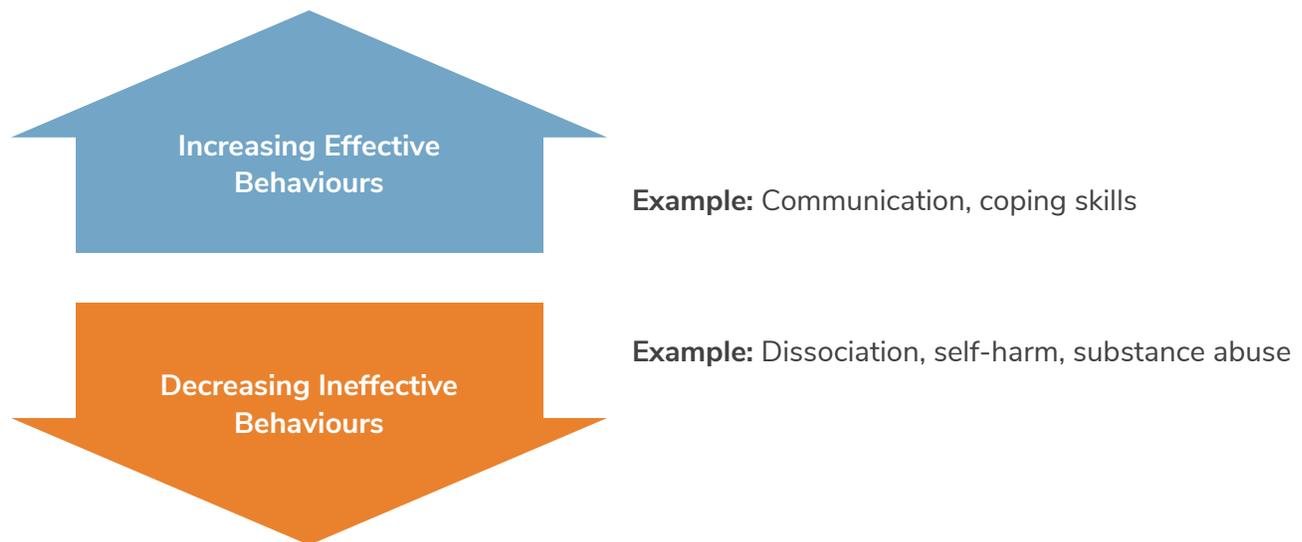


# Thinking Like a Behaviourist

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When applying dialectical behaviour therapy, it's helpful to think like a behaviourist and get curious about what your client is trying to understand and where you think they can strive for change. Also consider where they may need to improve their ability to accept things as they are in the moment.

## Striving for behaviour change includes:



## What is keeping them stuck here?

- Is it lack of skill? Teach them new skills.
- Is it problematic thinking? Practice cognitive restructuring.
- Is it the environment? Look at what's providing reinforcement.
- Is it fear of experiencing emotions? Work on their emotional exposure.

All behaviour is a form of communication.  
Consider:  
**What function does this serve?**