



1. Helpful to validate the reality of what is outside control/in the past
AND
2. Focus on our growth of thoughts/feelings/actions that we can change.

THIS is dialectical thinking*. A way to find a middle path that accepts how us + things around us are interrelated. We can accept those things and acknowledge our need to grow and change.

example: "It feels like I am alone with my eating disorder thoughts as my only way to cope AND I know I have some coping skills I can try."

* check-out Dialectical Behaviour Therapy to learn more skills like this one.