

SUPPORT

Validate your emotions, *not every thought.*

Feel it. Honor it. Check the facts.

All emotions are valid. Not all thoughts are factual. You can feel something deeply without it being true. **Validate the feeling. Check the facts. Respond with wisdom, not just your emotions.**

VALIDATE THE FEELING

- This makes sense that I feel this way.
- I'm allowed to feel emotions.
- It's okay to be struggling right now.
- My feelings are real.

DON'T ACCEPT EVERY THOUGHT AS FACT

- "Everyone is mad at me."
- "I always mess everything up."
- "This feeling will last forever."
- "I can't handle this."

DBT SKILL: CHECK THE FACTS

01

Pause

Take a breath.
Notice the feeling
in your body.

02

Identify the
story

What am I telling
myself right now?

03

Check the
facts

What evidence
supports this? What
doesn't?

04

Find balance

What's the most
balanced, wise
perspective?

05

Choose a
response

Respond from
wisdom, not just
emotion.

EXAMPLE

SITUATION	A friend didn't text back.
FEELING	Anxious, hurt, rejected.
THOUGHT	They must be mad at me.
FACTS	For: they haven't replied. Against: they're busy, their phone might be dead, they've done this before.
BALANCED	There are many possible reasons. It's not about me.
WISE RESPONSE	I'll give it time and focus on what I can control.

WHY ND BRAINS FEEL IT SO STRONGLY

Sensory
overload

Too much input
can trigger
fight, flight, or
freeze.

Emotional
intensity

We feel things
more deeply
and more
quickly.

Pattern
detection

We notice
details others
miss.

Executive
function

Harder to filter
or shift
perspective.

Past
experiences

Old wounds
amplify present
emotions.

Rejection
sensitivity

Neutral events
can feel risky.

These responses are not flaws. They are adaptations.
Compassion first. Clarity next.

*Your feelings deserve kindness. Your thoughts
deserve clarity. You deserve both.*

- Feelings are data, not commands.
- You can feel something 100% and still not act on it.
- Curiosity helps more than judgment.
- You are allowed to change your mind when you get more information.