

# 1 Valid/Justified/Effective\* Table

let's *THERAPIZE* that shit !!!

Emotions, thoughts, urges, and behaviors are made up of several components. This chart shows whether these components valid, justified, and/or effective\*\*.

<b>VALID</b> Is it caused? Does it make sense given ALL the context?	<b>JUSTIFIED</b> Does it fit the facts of the situation?	<b>EFFECTIVE</b> Is it aligned with your goals/values?
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## EMOTIONS

- Presence of the emotion
- Experience of the emotion
- Intensity of the emotion
- Expression of the emotion

✓	?	?
✓	?	?
✓	?	?
✓	?	?

## THOUGHTS

### DESCRIPTIONS

Thoughts describing what we take in with the five senses, with interoception, with proprioception; discriminative judgements<sup>†</sup>; preferences

- Presence of the thought
- Content of the thought  
*Ex/ My friend is frowning; I feel hungry; It's safe to cross the street; I don't like carrots.*

✓	?	?
✓	?	?

### INTERPRETATIONS

Evaluative judgements<sup>†</sup>, interpretations, assumptions, beliefs, added meaning

- Presence of the thought
- Content of the thought  
*Ex/ My friend is mad at me; I'm going to starve; This street is sketchy; Carrots are gross.*

✓	×	?
✓	×	?

## URGES

- Presence of the urge
- Intensity of the urge

✓	?	?
✓	?	?

## BEHAVIOR

Actions, speech

✓	?	?
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✓ = yes, always    ? = maybe (depends on situation)    × = no, never

\* Definitions of these terms reflect how the DBT manual discusses each, and may therefore differ from the common English usages.

\*\* Different components may exist in different columns. For example, an emotion's intensity may be valid, but not justified or effective, while the content of an accompanying thought may be valid and justified but not effective.

† In the context of DBT, **discriminative judgments** discern or analyze whether two things are the same or different, whether something meets some type of standard, or whether something fits the facts. **Evaluative judgements** label someone/thing as good or bad, worthwhile or not, valuable or not. They are added to the facts and based on opinions, personal values, and ideas in our minds. They are not part of factual reality.