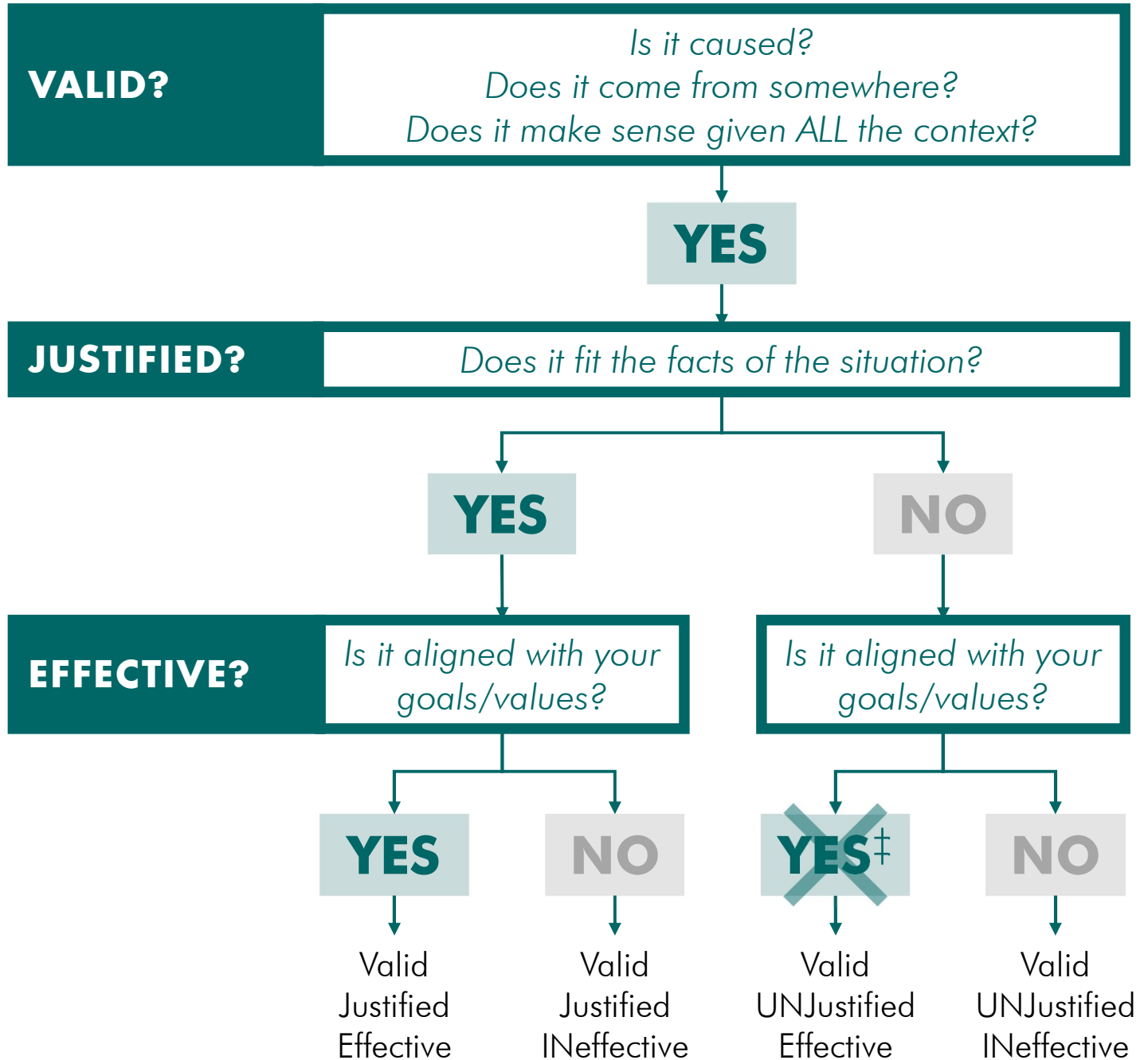


## 2 Valid/Justified/Effective\* Flow Chart

let's *THERAPIZE* that shit !!!

The various components of emotions, thoughts, urges, and behaviors† can be valid and/or justified and/or effective. This flow chart shows the various combinations of these three categories\*\*.



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

† See Valid/Justified/Effective Table (graphic #1) for more details about the components of each.

\*\* 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 accompanying thought may be valid and justified but not effective

‡ This category typically doesn't exist because it's nearly impossible to do the effective thing if you're not acting in alignment with the facts (if it's not justified). However, you might stumble into the effective thing to do by accident, in the same way a broken clock is right twice a day.