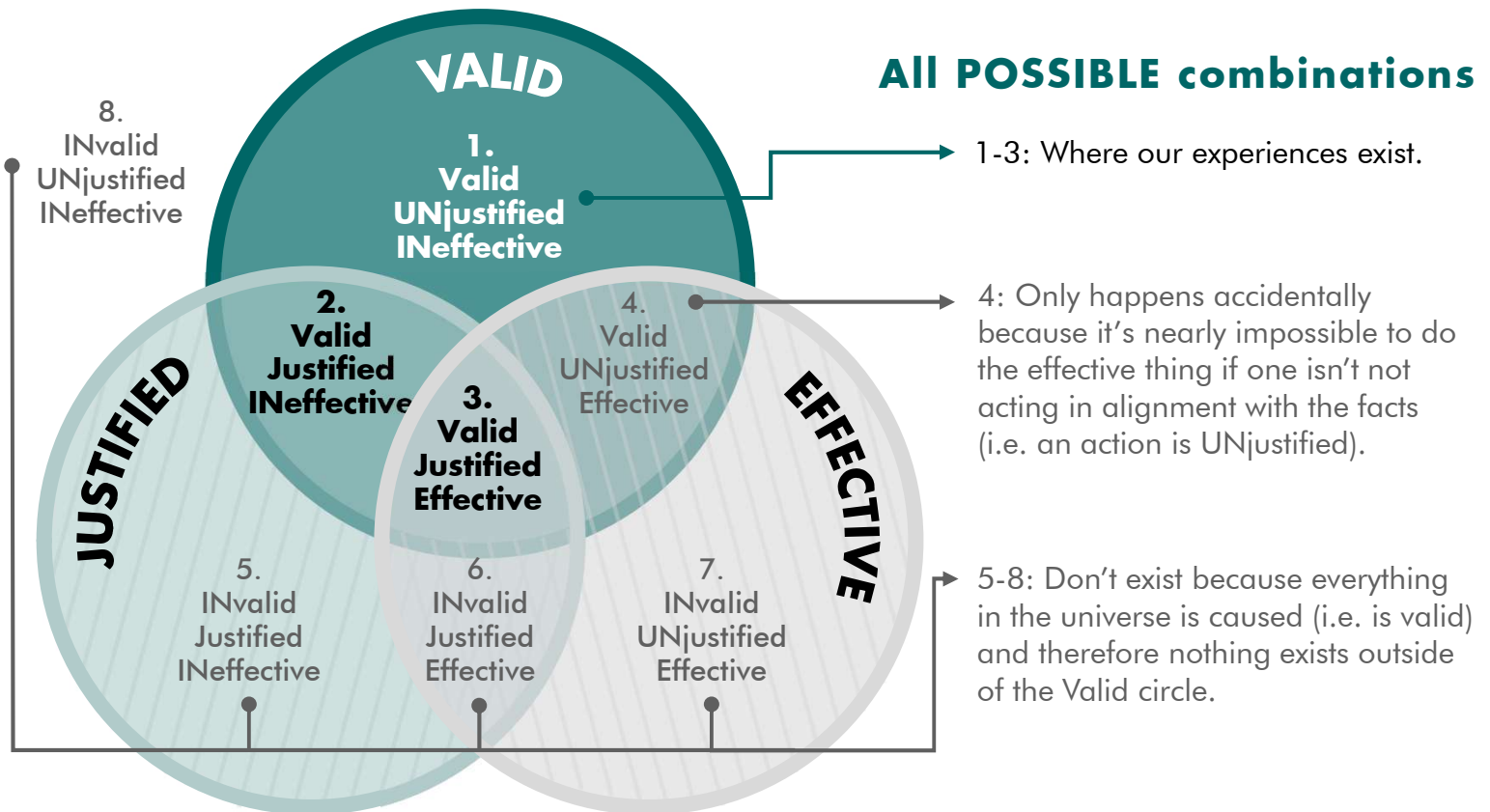


# 3 Valid/Justified/Effective\* Venn Diagram

let's *THERAPIZE* that shit !!!

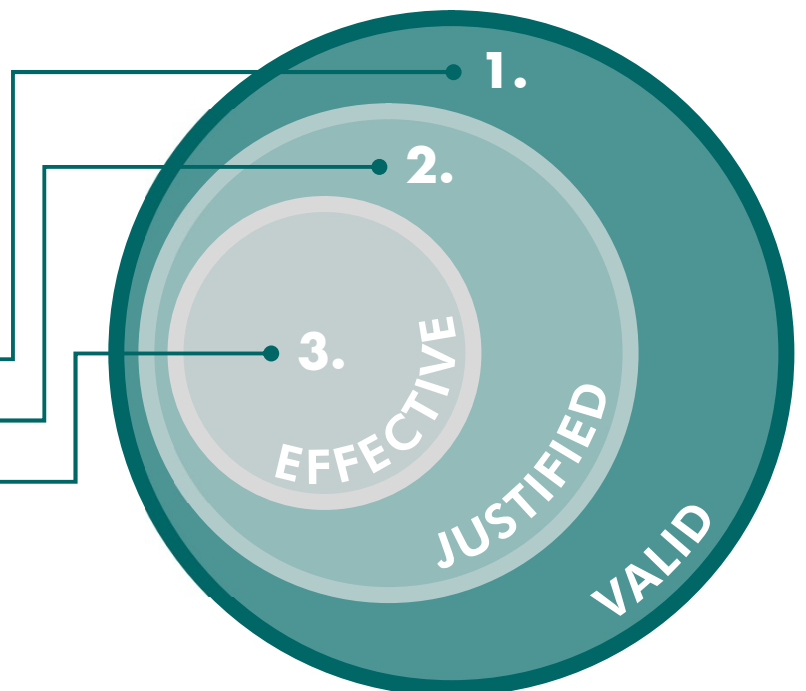
The various components of emotions, thoughts, urges, and behaviors† can be valid and/or justified and/or effective. This Venn diagram shows what exists at the intersection of these three categories\*\*.



## All REAL combinations

Excluding spaces 4-8 leaves only 3 nested spaces where our experiences exist:

- 1. Valid + UNjustified + INeffective
- 2. Valid + Justified + INeffective
- 3. Valid + Justified + Effective



\* See Valid/Justified/Effective graphic #1 for the DBT definitions of each of these three terms.

† See Valid/Justified/Effective graphic #2 for more details about the components of each.