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Therefore, the DBT Assignment Workbook was written to support therapists who work in a general practice, as well as those who specialize. Furthermore, instead of limiting its scope to clients who present with self-injury and suicidality, this DBT workbook can benefit anyone seeking to replace unhealthy behaviors with healthy coping skills.

therapy. In general, DBT skills are what behavior therapists tell clients to do across many effective treatments. Some of the skills repurpose entire treatment programs now formulated as a series of steps. The new "nightmare protocol," an emotion regulation skill, is an example of this. Other skills came from research in cognitive

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