

Do you sometimes feel “bad” or “upset” without knowing exactly why?

IS DBT LITE

Do you often judge yourself critically or make statements about disliking self?

Have you been referred by another health care professional?

Do you try to avoid feelings by shutting down, self-harming or using substances?

RIGHT FOR ME?

Do you tend to dwell on the negative parts of life?

Do others comment that you are moody?

Do you tend to get into unhealthy relationships with people who don't treat you fairly?



Do you tend to ignore your own needs but focus on wanting others to be happy?

DBT group meets every Wednesday starting Nov. 14th @ Brookfield Clinic
4-5pm: Teen group; 5-6pm: Adult women group