

Reacting vs Responding

reference list

Research-informed use. This resource may support skill learning but is not comprehensive DBT. The four common skills domains are mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation; outcomes remain individualized.

QUICK-REFERENCE LIBRARY

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| ● Reacting and responding can on the surface level appear to be the same thing, however the underlying functions and actions between reacting and responding are | ● the consequences Falls in line with the core values of the individual |
| ● very different, and often lead to widely different outcomes. | ● May have a positive or |
| ● REACTING | ● negative impact based |
| ● RESPONDNING | ● on the situation Weighs the pros and cons of the affect on the other |
| ● Instant and emotion | ● person/persons Impulsive and aggressive |
| ● driven | ● in nature |
| ● Has to be learnt and | ● Has a positive impact |
| ● purposefully practised | ● Leads to poor |
| ● Based on prejudices, stereotypes and personal | ● communication |
| ● past experiences Requires self-awareness, self-regulation, mindfulness | ● Calm and well thought |
| ● and empathy Done without thinking of | ● through in nature |