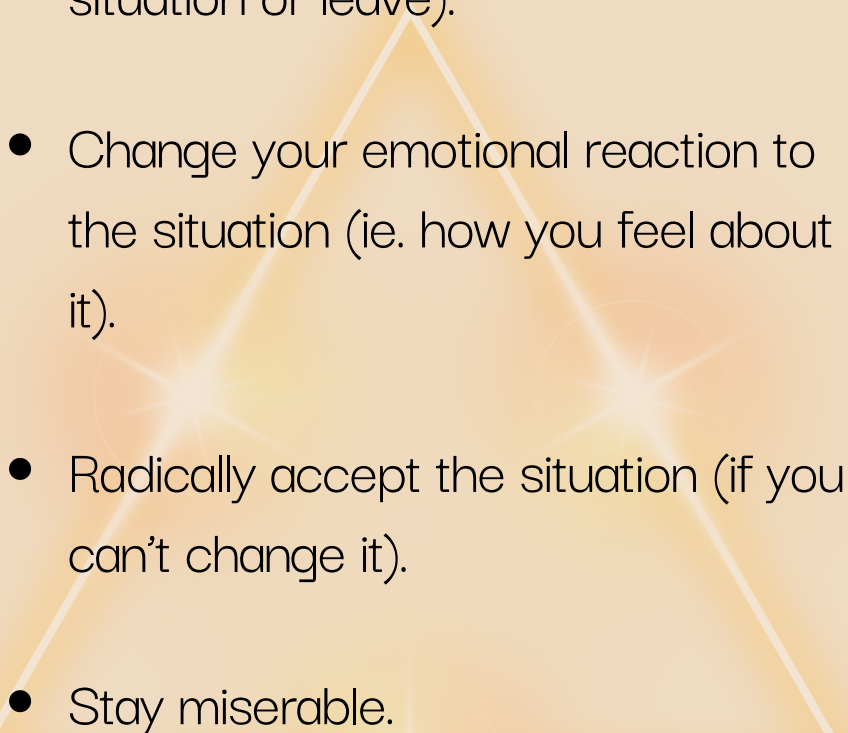


# The four possible responses to any problem

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- Solve the problem (change the situation or leave).
  - Change your emotional reaction to the situation (ie. how you feel about it).
  - Radically accept the situation (if you can't change it).
  - Stay miserable.

@domingopsychology

adapted from: Linehan, (2015). 'DBT Skills Training Manual, 2nd ed.'