



Seven Assumptions of DBT

- **People are doing the best they can**
- **People want to improve**
- **People need to be better, try harder, and be more motivated to change**
- **People may not have caused all of their own problems, but they have to solve them anyway**
- **New behaviours must be learnt in all relevant contexts**
- **All behaviours (actions, thoughts, emotions) are caused**
- **Figuring out and changing the causes of behaviours works better than judging or blaming**

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

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