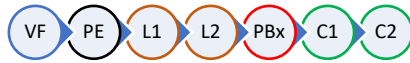


“COPE AHEAD CHAIN” FOR YOUR NEXT TIME WITH FAMILY OR FRIENDS



Problem Behavior Patterns to Target. Ex: regressing to old patterns of arguing, withdrawing, colluding, drinking, watching TV, making fun of others, putting yourself down. Confronting old family patterns of judgment, avoidance, control agendas, limiting beliefs, rigid roles, non-acceptance of your changes.

My Goals for this Time Together. Ex: improved self-care, increase self-respect, more effective communication, more validating.

Vulnerability Factors. Ex: stress from travel, over/under mindful eating, sleeping poorly, observing hostility, enduring the lack of GIVE or FAST behaviors or clear, DEAR communications.

Anticipated Challenging Situations (Prompting Events). Ex: being criticized, ignored, made fun of, called out for being different from the family or group.

Unhelpful Thoughts. Ex: I or they will never change, have a decent relationship, be truly seen or understood. They are so mean, uncaring, ignorant, hopeless, naïve. I am so...

The Big Emotions. Ex: Red zone level, reactive anger with a sibling, immobilizing fear with a parent, or intense shame with friends.

Your Likely Urges (to be refrained from acting on). Ex: sarcastic jabs at your sarcastic cousin, dramatically walking out or staying when you need to leave, again not honoring your limits.

Alternative, Skillful Behavior For Relevant Links. Ex: validate others often, validate yourself often, use DEAR, remember FAST, observe your limits, attend to PLEASE qd, opposite action when called for, including informal exposure. Review your diary card, chain analysis, “[DBT Holiday Antidotes](#),” or this page!

Picture the Consequences. Ex: imagine a gradually unfolding, constructive outcome from your persevering in mindfully applying your skills. Again in the face of more challenges. And again despite the worsening difficulties.

Write down your plan for using skills to cope with the challenges of this time with family or friends.

- 1.
- 2.
- 3.

COPE AHEAD TASK ANALYSES

Which task is the main priority the next time you are with family or friends?

▶ **Thinking dialectically** (IE HO 15-16C, Marsha Linehan, DBT Skills Training Handouts & Worksheets, pp. 150-154).

1. As I imagine what it's like for this person I care about, experiencing this situation as _____ (family member or friend), what do I see, what do I need, how can I effectively respond? What am I missing?
2. How are we connected, now and over time?
3. What is changing? How is that change impacting each of us?
4. How are we impacting each other, individually and as a family/group? How does what I do prompt what you do, which prompts what I do, and so on?

▶ **Recovering when I experience invalidation** (IE HO 19, Marsha Linehan, DBT Skills Training Handouts & Worksheets, pp. 158-159).

1. How can I use this experience of invalidation to see myself and others more completely? How can I grow from this?
2. What about this behavior is invalidating, painful? How can I acknowledge the facts that my experience is being ignored or minimized or misunderstood or denied?
3. How can I be non-defensive, check the facts, own my part, speak nonjudgmentally and compassionately to myself?
4. How can I give myself the validating that I would sincerely and freely give another?

▶ **Supporting change in the family system or group of friends** (IE HO 20-22A, Marsha Linehan, DBT Skills Training Handouts & Worksheets, pp. 161-164).

1. How can I increase/reinforce desirable behaviors from my family and friends? What are the smallest of steps toward more kindness, validating, accurate communicating that can be reinforced?
2. Which unwanted behaviors can I effectively ignore? What can help me to continue to mindfully ignore or respond in a way that I don't inadvertently reinforce this problem behavior?
3. Can I ask the family member or friend about what would work to reinforce the desired behavior?
4. How can I reward desired behaviors when they appear? Or reinforce the absence of the problem behavior?

▶ **Making a repair to family members or friends** (Alan Fruzzetti, *The High Conflict Couple*, pp. 137-140).

1. Which of these six strategies are needed to break the cycle of your invalidating behavior? 1-Validate yourself. 2-Soothe yourself. 3-Remember long-term goals with family/friend. 4-Apply mindfulness of him/her/them to increase empathy and validating. 5-Accept things as they currently are. 6-Validate 3x when faced with hostility.
2. Remember a repair fits with your values, it will support more constructive interactions, and it will restore your self-respect.
3. Acknowledge your desire to fix your mistakes, to express the facts of what you did and the effect on your family/friend's pain, commit to not repeat this behavior, and continue to validate them even if s/he blames you or withdraws from you (until they are ready to respond to your efforts to repair).

▶ **Observing your limits with family members or friends** (Shari Manning, *Loving Someone with BPD*, pp. 80-91).

1. Observe & describe your emotions, sensations, thoughts and urges.
2. Identify and validate your limits (hint: they can be found inside of you, not outside).
3. Observe when a limit is crossed (or when you over-extend to your regret).
4. Do a "Pros/Cons" on whether to express your limits, and how.
5. Express your limit with DEAR MAN GIVE FAST (IE HO 5, 6, 7) and Validating (IE HO 6A), having regulated your emotion to increase accurate expression and self-validated your experience.
6. Use the "[Mindfully Observing and Describing Our Limits](#)" worksheet.