

Children's Christian DBT

Children's Christian Dialectical Behavior Therapy

By

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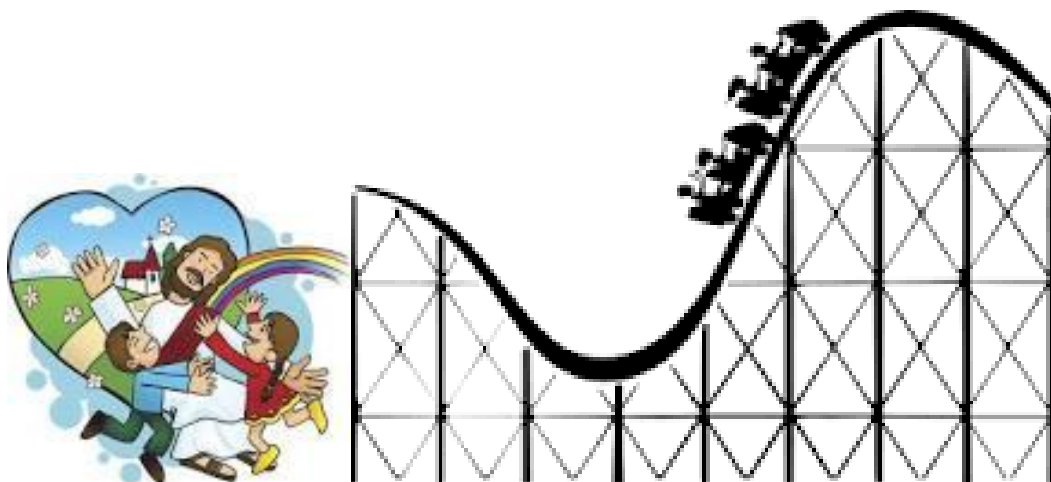
Dialectical means two things can be true at the same time. What this means is that even though we might feel scared, upset, angry, lonely, or a hundred other difficult emotions, we know God is always with us. We are never left alone to feel these difficult, scary, uncomfortable feelings by yourself.

It's true that grown-ups in your life have problems and those problems almost always have **NOTHING TO DO WITH YOU!!** Grown up problems are problems that grown-ups have with work, dealing with other people, sad or bad memories from their past, or a hundred other things. **YOU HAD NOTHING TO DO WITH CREATING THOSE PROBLEMS AND YOU CAN'T FIX THEM!!**

Unfortunately, when grown-ups have problems, they often get angry and upset with you because of something you did that kids do. Maybe you didn't clean up your room, or help with the dishes, or pick up your toys. When grown-ups get upset with you about something like this, it can make you feel icky inside. It can make you feel sad, or angry, or like you want to be somewhere else.

What we know is that when we feel any of these feelings, Jesus is with us, helping us remember His love for us. He is **ALWAYS** with us – it's called His Presence – and He is securely holding us, or attaching to us, like a seatbelt on a roller coaster. He will always remind us He is keeping us safe and protected. We just have to reach out to Him and buckle Him in.

Distress Tolerance



Write down how it would feel to have Jesus sitting with you on a roller coaster:

Write down how it would feel to think of Jesus holding you when you feel scared or sad. Remember, He is always with you!

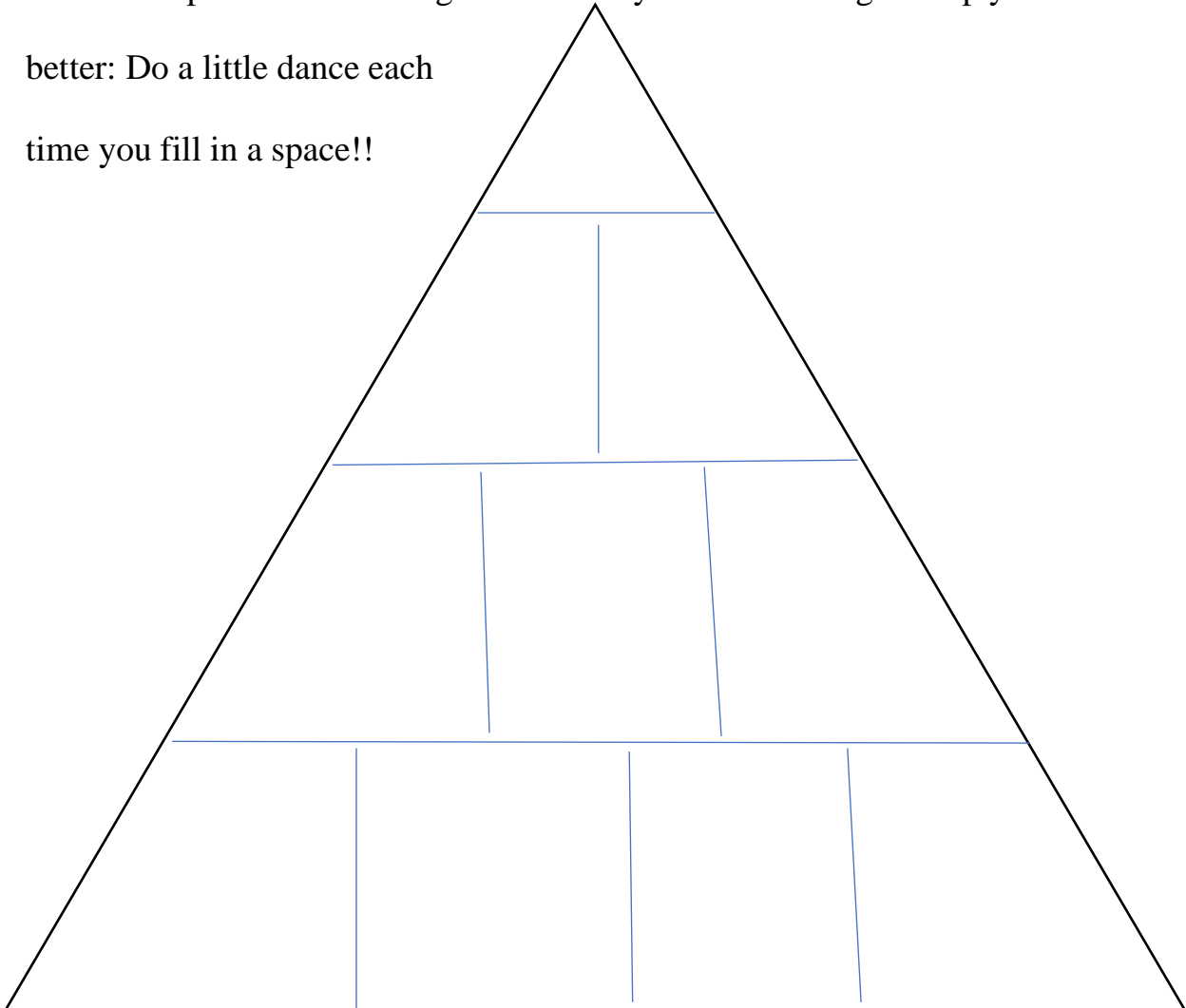
How do you feel when you know Jesus is with you all the time, helping you?

Draw a picture or make a collage of how this makes you feel:

What is one thing adults in your life could do to help you feel good and safe,
just like Jesus makes you feel? _____

What is one thing you could do to help yourself when you feel sad, or sick to
your stomach, or scared, like you are on a roller coaster and it's going too fast?

Fill in the spaces on the triangle each time you do this thing to help yourself feel
better: Do a little dance each
time you fill in a space!!



Emotion Regulation

We want to regulate our emotions, which means we want to be in control of them, not eliminate them, or get rid of them. I know you may want to get rid of the icky feelings, but learning how to control your emotions, instead of feeling like you are on a roller coaster, will actually make you stronger. It's called *resiliency*. We become stronger when we learn how to handle stress better.

What are a few things you do that are good and helpful when you feel stressed? These are called *resources*. _____

Can you think of a time you used your resources and you felt better? Either write about that time or draw a picture of what happened in the space below:

Can you name a person, or your pet, or your favorite stuffed animal or blanket that makes you feel better when you get stressed or sad? _____

The next time you feel stressed, sad, worried, angry, or upset, could you think of this person, this pet, or cuddling your favorite stuffed animal or blanket? How do you think you would feel if you could think of this person, pet, or thing?

Do you think this would help you manage, or handle, a situation that comes up that makes you feel stressed, sad, worried, angry, or upset? _____

What is one thing you could do to remind yourself to use this resource when you feel this way? _____

Draw a picture or make a collage of how you feel after using some of these tools to help you manage, or handle, your feelings when you feel stressed, angry, sad, worried, or upset.

Interpersonal Effectiveness

Interpersonal effectiveness is all about good relationships with others. From a Christian perspective, this would be “right relationship.” Right relationship is another way to say “relationships in right order” or “righteousness,” which means we show respect for others, just as others show respect for us. Many people call this “The Golden Rule,” which means to treat other people the way we want to be treated.

Isa. 32:17 states “The fruit of righteousness is peace, quietness and trust, forever.” This means that when we have relationships that are good and trusting and kind, we feel good and loved and peaceful. Think about your family or your classroom or your work. When people get along well and are kind and thoughtful to each other, everyone feels better. This is “right relationship.” Write about a time where you felt like you had “right relationship” in the space below: _____

Write about a time that you did NOT feel like there was “right relationship.” How did that situation make you feel? _____

What was one thing you could have done to help the situation become a “right relationship” situation? _____

Draw a picture or make a collage of how you feel when your relationships with family members, classmates, people at work, or other people in your life are in “right relationship:”

Mindfulness

Let's look back to the roller coaster for a moment. At times in our lives, we may feel like we're on a roller coaster. It's fine if we WANT to be on a roller coaster, but it's not fine if we don't want to be! And life can be funny that it may feel like we are on a roller coaster, even if we do not want to be. When that happens, we have to use our *resources* to hold on and get through whatever is happening and so that things can turn out as positively as possible.

One of the most important resources we have is our faith. When we believe in God and God's goodness in our lives, we will feel His Presence and His Grace all around us, making us strong when things feel out of control. When we know He is surrounding us and helping us feel strong and *resilient*, we know we can trust Him and rely on Him to give us the strength to handle the situation. He will give us ideas in our heads and our hearts about the best ways to handle things. But if we're all upset, listening to His voice in our heads and our hearts will be really hard. This is when we need mindfulness.

Mindfulness is another word for God's Presence or Awareness of God's Will. God's Presence and our Awareness of His Will and what He is saying to us is what we need when it feels like we're on a roller coaster. If we know God is sitting next to us when things get really hard, we can lean on Him. If we know God is

giving us strength, by putting ideas in our heads and our hearts about the best way to handle the roller coaster, we know everything will be OK.

What are your thoughts about mindfulness, or God’s Presence and our Awareness of God’s Will for your lives? _____

Being mindful of God’s Presence in our lives is really about trusting God. Think of a time you felt like you could trust God and let go of your worry and let Him give you ideas in your head or your heart about the best way to handle the roller coaster you faced? _____

Think about the word “trust.” Write a definition of the word trust in this space: _____

Draw a picture or make a collage of what it would feel like to be able to trust God and know He would put ideas in your head and your heart to help you handle to roller coasters in your life.

What was the best thing you learned in this packet about Children's Christian DBT? _____

How will you remember to use these skills (distress tolerance, emotion regulation, interpersonal effectiveness, and mindfulness) when you feel like you are on a roller coaster in your life? _____

Can you write a prayer to ask God to be with you when you feel like you're on a roller coaster in your life?

Thank you so much for taking time to complete this packet. If you would like to reach out to me, please send me an e-mail at kate@christianheartcounseling.com.

God bless you, Dr. Kate