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with highly emotional situations (Psych Central, 2016).

20 DBT Worksheets and Dialectical Behavior Therapy Skills

A dialectical journal is another name for a double-entry journal or a reader-response journal. A dialectical journal is a journal that records a dialogue, or conversation, between the ideas in the text (the words that you are reading) and the ideas of the reader (the person who is doing the reading---YOU!).

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