



# **Out-of-Control: A Dialectical Behavior Therapy (DBT) - Cognitive-Behavioral Therapy (CBT) Workbook for Getting Control of Our Emotions and Emotion-Driven Behavior**

*Melanie Gordon Sheets*

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**Out-of-Control: A Dialectical Behavior Therapy (DBT) - Cognitive-Behavioral Therapy (CBT) Workbook for Getting Control of Our Emotions and Emotion-Driven Behavior** Melanie Gordon Sheets  
432 pages packed with insight-generating text, questions, worksheets, tools, attitudes, and plans for GETTING CONTROL of OUT-OF-CONTROL emotions, behaviors, and thinking. DBT-CBT explains why we use self-destructive coping behaviors that cause more pain and trauma, what happens to our life as a result, and how to gain control of ourselves and our life outcomes. It's a practical blend of understandings of human nature and techniques of change from DBT, CBT, Psychodynamic theory, and AA / 12-step therapy programs. It focuses on REAL LIFE and the issues and struggles of a recovery population: anger, depression, anxiety, desperation, loss, substance abuse, suicide attempts, cutting, self-injury, verbal / physical aggression, tantrums, eating disorders, relationship problems, etc. Even "normals" say, "That's me!" It is a life-changing experience that inspires people to make the life changes that will change their lives. It has turned many defeated hearts into empowered spirits that are psychologically prepared to take on the challenges of GETTING ON and STAYING ON the Recovery Path. Mechanisms/tools of change: acceptance of self, others, and what's Coming at Us; Letting Go; willingness; distress tolerance; Mindfully Protecting My Peace and Stability; prioritizing; boundaries; using Rational Mind to Think Through irrational and self-defeating Emotion-Driven Lies and impulses; Wise Mind problem-solving; Participating Effectively; Following Through with Game Plans; Leaning Into pain and problems; Life-Enhancing Coping Skills; and productivity. A one-of-a-kind work by a Ph.D! The informal, down-to-earth language and style is unique. Her warm, humorous, southern character and her passion for connecting with the people she serves permeates this work. It captures the dynamic process of the Group she leads for general, forensic, and VA inpatients. It is emotionally penetrating, if you have difficult issues, seek qualified help to process and work through this book.

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