**Homework**

* Week 1: **Identify a dialectical thought and bring in to share next week**
* Week 2: **Practice breathing exercise below and be prepared to discuss next week**

<https://31.media.tumblr.com/b1406ea40336dc68e5404b380c391d96/tumblr_nsj9tcMOgY1qkv5xlo1_500.gif>

* Week 3: **View validation article and be prepared to discuss next week**

<http://blogs.psychcentral.com/dbt/2010/04/increasing-cooperation-specific-validation-strategies-for-parents-using-dialectical-behavior-therapy/>

* Week 4: **Read and be prepared to discuss**

<http://www.my-borderline-personality-disorder.com/2014/08/tolerating-being-alone-when-you-have-bpd.html>

* Week 5: **Practice one DEAR MAN or GIVE FAST be prepared to discuss**
* Week 6: **Watch Ted Talk and be prepared to discuss**

<https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?language=en>

* Week 7: **Make playlist using Iso principle and be prepared to share/discuss**
* Week 8: **View videos and pick one that applies to you, be prepared to discuss**

<https://dbtmusictherapy.wordpress.com/>

* Week 9: **Watch Ted Talk and be prepared to discuss**

<http://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en>

* Week 10: **Bring supplies for stress kits for next week**