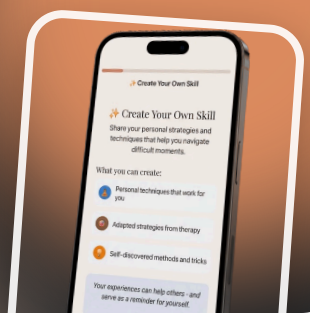
DBT-MIND · FREE PRINTABLE

Both-And Worksheet

When your mind says "either-or", "always" or "never": find what is true on both sides and join the two with "and".

WALKING THE MIDDLE PATH · DBT DIALECTICS



Three ideas to keep in mind

Two things can be true
You can be angry at someone and still love them.

There is more than one view
Each side sees a piece the other one is missing.

Things keep changing
Swap "always" and "never" for "sometimes".

From "but" to "and"

Situation	Either-or thought	Both-and sentence
Grounded after curfew	"My parents are unfair and hate me."	"I am angry, **and** I get that they were scared."
A friend canceled again	"She does not care about me at all."	"I feel let down, **and** she has shown up for me before."

My turn

My distress right now (circle one, 0 = none, 10 = the most)

0 1 2 3 4 5 6 7 8 9 10

1 The situation (just the facts: who, where, what was said or done)

2 My either-or thought (look for "always", "never", "but", "either ... or")

3 What is true on the other side (the other person's view, or the part I left out)

4 My both-and sentence

AND

5 A middle-path action I can take today (one small step that respects both sides)

My distress afterwards (circle one)

0 1 2 3 4 5 6 7 8 9 10

What I noticed

> **Both-and is not giving in.** You can understand the other side and still say no. If you are thinking about hurting yourself, reach out now: call 988 (US), 112 (EU) or your local crisis line.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide:
dbt-mind.com/guides/walking-the-middle-path

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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