

WALK THE MIDDLE PATH

Walk the Middle Path is a useful tool that was developed by Dialectical Behavioral Therapy. Dialectic means that two opposing views can be true. Walk the Middle Path is essentially finding a balance between two opposites in the middle. Imagine the freedom of knowing you can feel more than one way about an issue or event in your life! To Walk the Middle Path means living a life with a BOTH/AND approach. It can improve a sense of acceptance and balance.

- 1) Identify what upsets you.
- 2) Identify any polarizing thoughts.
- 3) Consider other sides of this issue.
- 4) Ask yourself “Can I Walk the Middle Path on this?”

Areas we can choose to Walk the Middle Path:

Self-Validation AND Acknowledging Mistakes= “I am a good person but sometimes I make mistakes”

Openness AND Privacy= “I choose to be vulnerable with the people who are safe to me”

Observation AND Participation= “I’ll listen first and will join the conversation when I feel comfortable”

Strength AND Weakness= “I am still a strong person even if I feel like I can’t do this”

Problem Solving AND Problem Acceptance= “I can grow in areas and accept things I can’t control”

Caring for Self AND Caring for Others= “I will help them within my personal boundaries for myself”

Loving Someone AND Concern for Someone= “I don’t love that person but I can care about them”

Emotional regulation AND Emotional acceptance= “It makes sense I am upset, but I can move on”

Self-Improvement AND Self-Acceptance= “I have goals for myself, but I don’t have to be perfect!”

