



FaithWorks Counseling

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DBT FLOWCHART: IF THIS HAPPENS → DO THIS

IF: I feel triggered, defensive, or my heart is racing	→	DO: STOP skill •Pause • Breathe • Observe • Choose
IF: He/She makes a hurtful or manipulative comment	→	DO: State ONE boundary script (calmly)
IF: He/She argues, minimizes, or pushes back.	→	DO: Repeat boundary once (no explaining)
IF: The behavior continues.	→	DO: EXIT •Leave • Hang up • Step away
IF: I feel guilty or doubt myself afterward.	→	DO: FAST skills Self-respect over approval
IF: Emotions are still high later.	→	DO: Regulate Walk • Breathe • Brief • journal