



### FaithWorks Counseling

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### DBT FLOWCHART: IF THIS HAPPENS → DO THIS

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