

S1: Understanding Dialectics

PART 3. APPLYING DIALECTICS IN REAL-LIFE SITUATIONS

Think of situations where you felt emotionally stuck or trapped in extremes. Use dialectical thinking to create space for complexity.

Real Situation	Old Either/Or Thought	Both/And Reframe
Remember This:	 Even noticing an all-or-nothing thought is p Every attempt to reframe it strengthens the 	



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PART 1. SPOTTING ALL-OR-NOTHING THOUGHTS

Start by writing down rigid, black-or-white thoughts you notice in yourself.

Rigid Thought	What Makes It Extreme		

PART 2. REFRAMING WITH BOTH/AND

Practice shifting those rigid thoughts into **Both/And statements**.

Old Thought	Both/And Reframe
"I failed, so I'm worthless."	"I failed AND I still have value."
"They upset me, so they must not care."	"They upset me AND they still care about me."