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web the following are examples of cheerleading statements that can be used to boost confidence motivation and emotional resilience i am capable of handling difficult emotions and situations i am strong and resilient even when faced with

challenges i deserve to be treated with respect and kindness

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web jan 9 2023 dbt cheerleading statements examples below dbt skills training manual second edition marsha linehan 2014

10 20 preceded by skills training manual for treating borderline personality disorder marsha m linehan c1993 dbt for

dummies gillian galen 2021 04 08 keep calm be skillful and take control dialectical behavior therapy dbt