

# TALK THERAPY

A good therapist can help you explore and change patterns of behavior or emotions that contribute to your illness. Therapy is a safe place where you can be honest about your thoughts, feelings and actions, and discuss ways to help your moods become more stable. If you aren't able to see your therapist every week, talk about things you can do to help yourself between appointments.

## Topics to work on in therapy

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**Example** Unstable relationships

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**Goal** Learn what I can do to prevent fights and conflicts in my life. Work on being more patient, considerate or trusting.

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1.

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**Goal**

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2.

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**Goal**

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3.

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**Goal**

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# P EER SUPPORT

Support from people who understand is another important part of treatment. There are many ways to get this support. Become part of one of the more than 1,000 DBSA support groups across North America, or visit the interactive forums and chat rooms at [www.DBSAlliance.org](http://www.DBSAlliance.org). You might also choose to join a support group that addresses another illness you have, such as alcoholism.

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SUPPORT GROUP NAME—CONTACT NAME—CONTACT PHONE(S)

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LOCATION

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MEETING TIME(S)

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## Goals for support group

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*S*tarting a DBSA support group can help you and others.  
Contact DBSA's chapter team at (800) 826-3632  
to get started.