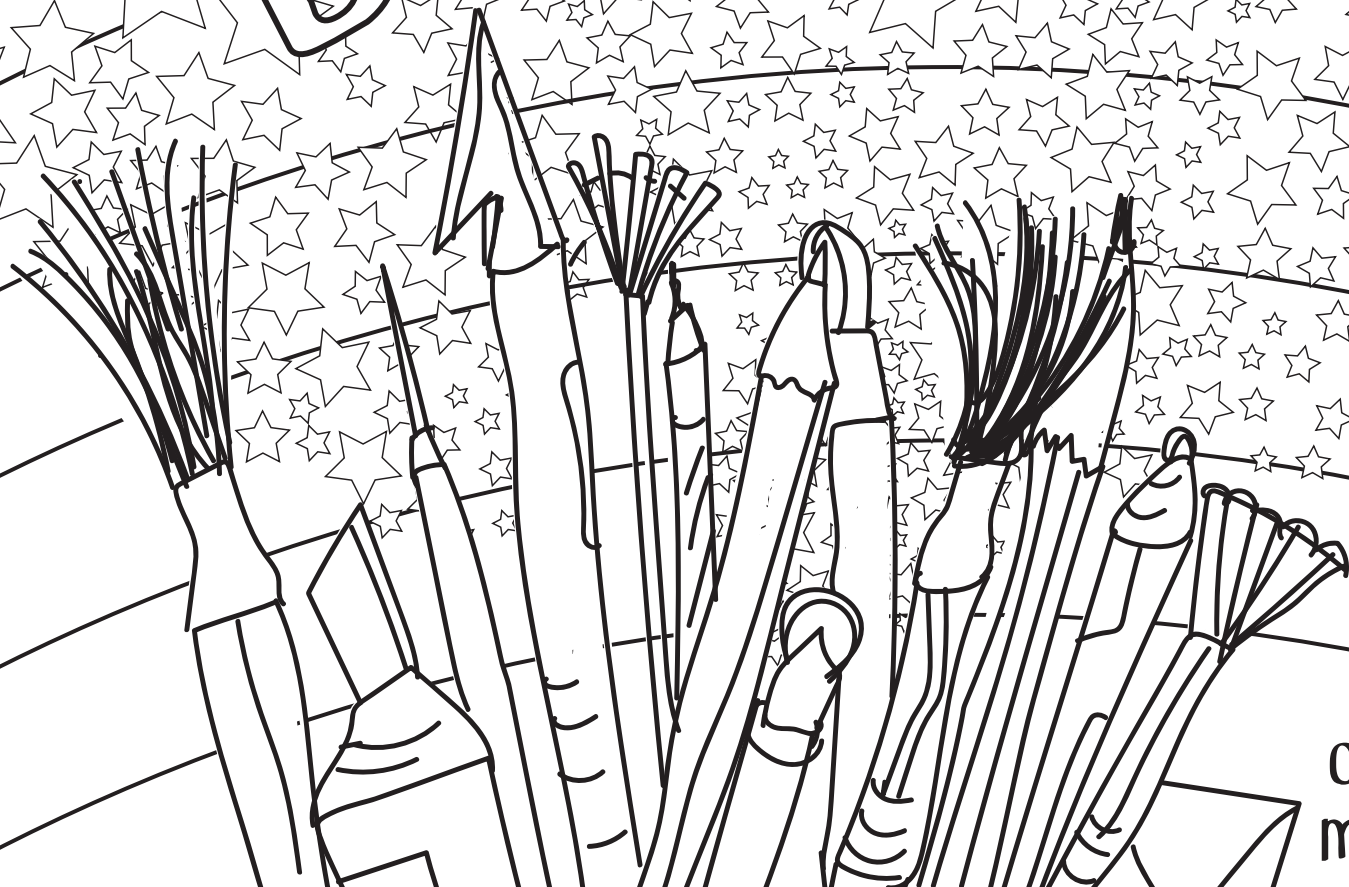


# Lived Experience DBT Art Skills

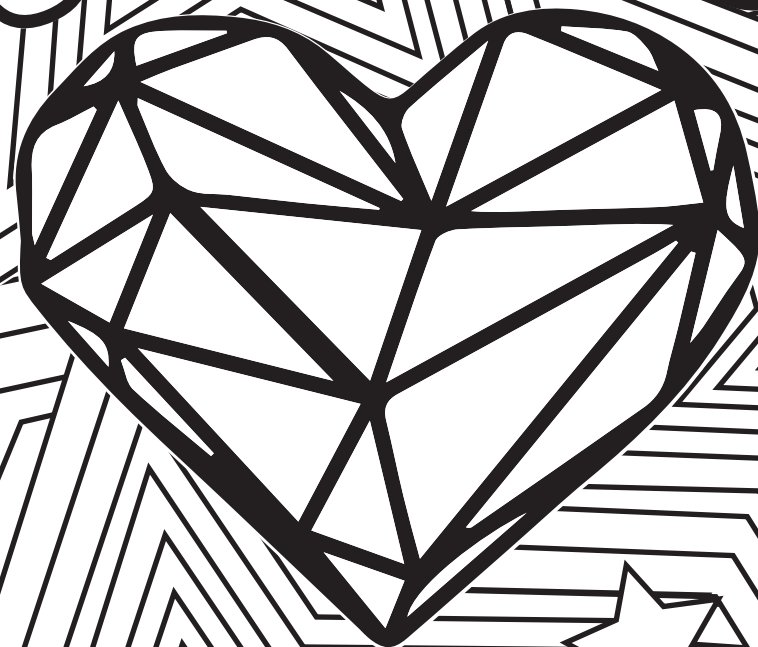


created by  
mahlie jewell

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© what would  
wise  
mind  
do?

**ONLY SUFFER  
THE MOMENT**



**OPPOSITE**  
**OBBOZITE**

**ACTION**  
**AC!ION**

**@GRAPHICSGOOD**



three  
things



YOU HAVE

survived