

Sample Dialectical Journal: *Night*

Source Material (Provide a direct quotation or paraphrase and a parenthetical citation)	Page #	Respond, Analyze, and Evaluate (Why do you find this passage interesting or important?)
<p>(What are you analyzing?)</p> <p style="text-align: center;"><i>Simile</i></p> <p>“The snow was like a carpet, very gentle, very warm” (83).</p>	83	<p><i>I can picture the men standing in the concentration camp, watching the snow blanket the ground. It is silent there. The snow-covered ground is smooth and soft. Wiesel describes the snow as being “gentle” and “warm.” This comparison is not what one would expect. Standing barefoot in the snow would be very painful. The cold would cut deep into one’s feet. So why does he say it is warm? Maybe his feet are frozen, numb to the pain. Perhaps the snow provides insulation from night’s bitter cold. This comparison creates a sense of peace, a moment without terror and fear. It is as if he is home again, safe and warm. 111 words</i></p>
<p>(What are you analyzing?)</p> <p style="text-align: center;"><i>Personification/ Internal Conflict</i></p> <p>“Death wrapped itself around me till I was stifled. It stuck to me. I felt that I could touch it. The idea of dying, of no longer being, began to fascinate me. Not to exist any longer” (82).</p>	82	<p><i>This is a sad moment for Elie. He has fought to survive, but cannot fight any longer. I can’t imagine being fourteen and wanting to die. I can’t imagine being fourteen and losing my family, my dignity, my soul. What a tragedy. In this passage, Wiesel personifies death to show the control it has over those who are suffering in the camps. In this case, Death silences Elie, overpowering his will and subduing his hope of survival. Elie is conflicted. He wants to survive. He wants to take care of his father. But he doesn’t know how much more he can take. This is important because we see that Elie has reached a breaking point. Death has come for him so many times but has failed. This time, however, Elie is too tired to run, too tired to fight. He has had enough. Death is offering a gift—an escape from this hellish existence. 153 words</i></p>

Focus your entries on the following literary elements.

- * Motif
- * Internal and external conflict
- * Symbolism and theme
- * Literary devices and strategies (for example, simile, metaphor, imagery, personification, repetition, etc.)

Dialectical Journal Template Night

Catherine Johnson



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DBT Workbook for Borderline Personality Disorder Catherine Johnson, Packed with Real life Scenarios The DBT Workbook for Borderline Personality Disorder is a comprehensive step by step guide designed to help those struggling with Borderline Personality Disorder BPD by employing effective Dialectical Behavior Therapy DBT techniques This workbook empowers individuals to take control of their emotions and develop healthier interpersonal relationships leading to a more fulfilling and balanced life Inside this workbook you will find Essential DBT skills for emotional regulation and distress tolerance Mindfulness techniques to promote self awareness and emotional stability Practical guidance on building and maintaining a supportive network Exercises for self compassion validation and boundary setting Strategies for effective communication conflict resolution and relationship building Tools for overcoming obstacles setbacks and relapses Dialectical Behaviour Therapy for BPD DBT skills for emotional regulation DBT exercises for self compassion BPD recovery and support system Borderline Personality Disorder treatment Mindfulness techniques in DBT Interpersonal effectiveness and BPD DBT skills workbook for BPD Overcoming BPD with DBT DBT for managing intense emotions Dialectical Behavior Therapy for BPD has been proven to be an effective treatment and this workbook focuses on providing practical DBT skills for emotional regulation By learning and practicing these skills individuals with BPD can better understand and manage their intense emotions preventing emotional overwhelm and destructive behaviors The workbook also includes numerous DBT exercises for self compassion which are essential in fostering a kind and understanding attitude towards oneself This approach encourages growth and healing allowing individuals to develop a healthier self image and cultivate self acceptance A strong support system plays a critical role in BPD recovery and the DBT Workbook for Borderline Personality Disorder emphasizes the importance of building and maintaining a network of supportive relationships The book provides guidance on how to communicate with supporters effectively and establish healthy boundaries for long term success One of the core components of DBT is mindfulness techniques The workbook includes a variety of mindfulness exercises designed to help individuals with BPD stay present and focused while managing their emotions These techniques promote self awareness and emotional stability enabling individuals to respond more effectively to challenging situations Interpersonal effectiveness is another crucial aspect of DBT and the workbook offers practical guidance on developing and maintaining healthy relationships By learning to communicate assertively set boundaries and resolve conflicts individuals with BPD can significantly improve their interpersonal relationships and overall quality of life The DBT Workbook for Borderline Personality Disorder is more than just a compilation of DBT skills it s a comprehensive resource designed to guide individuals through the process of overcoming BPD with DBT This practical and engaging workbook covers every aspect of DBT from emotional regulation to distress tolerance ensuring that readers have the tools they need to succeed in their recovery journey For those seeking to manage intense emotions and improve their interpersonal relationships the DBT Workbook for Borderline Personality Disorder is an

invaluable resource Packed with practical exercises guidance and real life examples this workbook offers a clear path towards recovery and a more balanced fulfilling life

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