

Short-term relief (immediate gratification)

- increased shame/guilt
- increased chaos
- no problem-solving or new learning

Past learning/  
Trauma  
Biology/  
Genetics  
Culture  
Social influences  
Spiritual beliefs  
.....

**Difficulty tolerating negative affect:**

- Shame
- Anger
- Sadness
- Guilt

"I can't stand it!"

The solution is the problem!

**Tension-reducing behaviors:**

- Drugs/Alcohol
- Self-injury
- Binging/purging
- Stealing
- Gambling
- Overspending

**DBT Avoidance Paradigm**

