

## The Dynamics of Emotional Mind and Its Role in Driving Destructive Coping Behavior

*"When Emotional Mind Drives, We Wreck Out...and Our Lives Become a Total Wreck"*



Based on: "Out-of-Control: A Dialectical Behavior Therapy (DBT) – Cognitive-Behavioral Therapy (CBT) Workbook for Getting Control of Our Emotions and Emotion-Driven Behavior"  
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