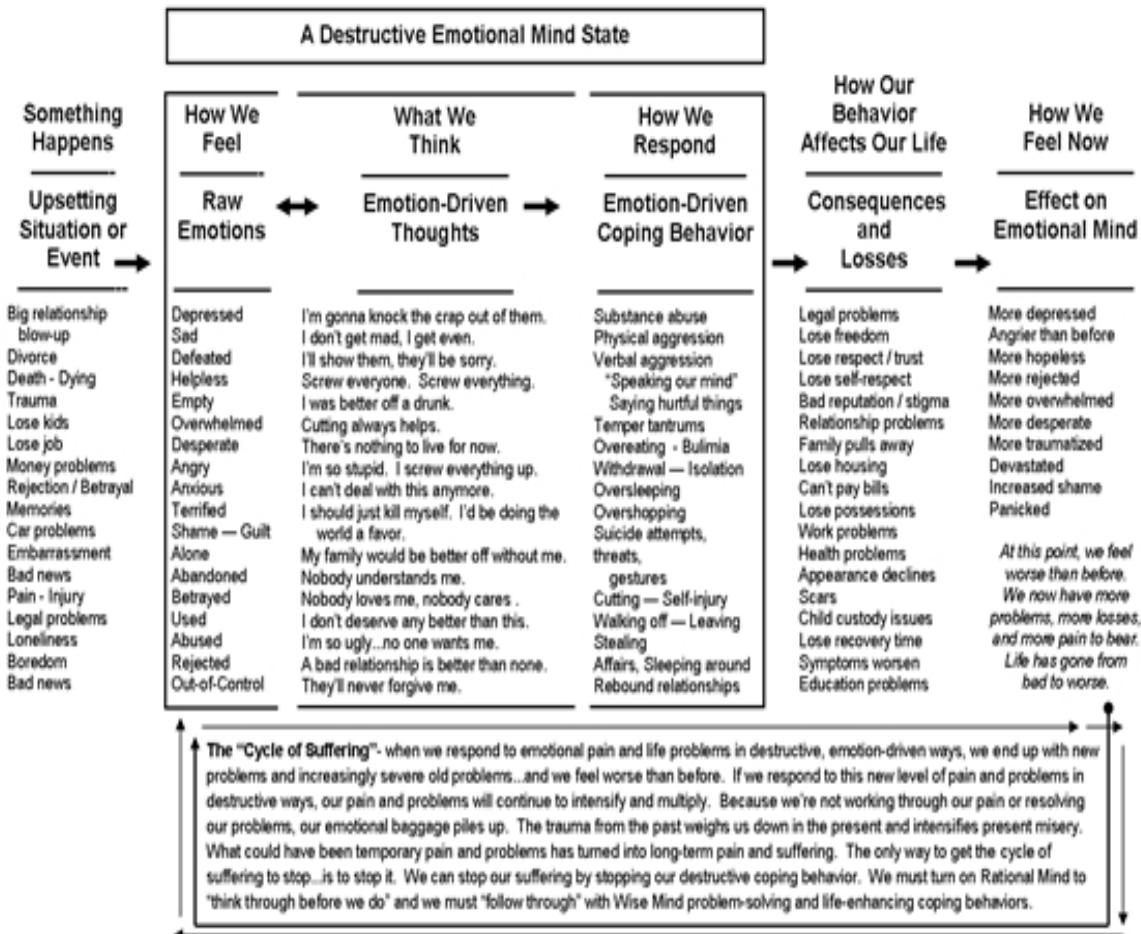


## The Dynamics of Emotional Mind and Its Role in Driving Destructive Coping Behavior

**"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" Copyright © 2010 by Melanie Gordon Sheets, Ph.D. ([www.dbt-cbt-workbook.com](http://www.dbt-cbt-workbook.com))