



# Stop Stinging, Start Living: A DBT-Inspired Approach to Getting Control of Your Life

*Joanna Bloss*

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Are you are **Very Intense Person**?

Do you ever feel out of control? Does it ever seem as if your mood, your mind and your relationships are in a constant state of chaos?

Do you ever feel hopeless, fear rejection, or as if your feelings are so intense you simply cannot bear them?

Do you ever try to cope with intense feelings by abusing alcohol or drugs, having promiscuous sex, over-spending or self-harming?

Do you ever feel hopeless and suicidal, as if there were simply no more reason to go on? (Maybe you necessarily don't want to die, but you know you can't live like this.)

Do you find that even normal life activities leave you feeling chronically overwhelmed and exhausted?

If you said yes to any of these, and especially if these have become a consistent pattern of emotions, thoughts and behavior, you may be a **VIP**.

Whether you have been clinically diagnosed as having Borderline Personality Disorder (BPD), or just see yourself in the above, this book is for you!

**Stop Stinging, Start Living: A DBT-Inspired Approach to Getting Control of Your Life** combines the time-honored principles of Dialectical Behavior Therapy (DBT) with tried-and-true coping skills that will empower you to finally get a handle on your emotions, behavior, and relationships.

**Stop Stinging, Start Living** is an essential resource for VIPs, as well as their friends and family members.

*Joanna Bloss is a licensed counselor who works regularly with VIPs. She leads groups, provides education and helps family members and friends cope more effectively with the challenges brought on by emotional intensity and chronic feelings of emptiness.*

*For more about Joanna and her work, visit her website at [www.joannabloss.com](http://www.joannabloss.com).*



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