**SINGING A SONG OF DBT**

(to the tune of “Can You Hear The People Sing” from Les Miserables)

Can you hear the people sing

Singing a song of DBT

It’s a song of hope for those

Who live with sensitivity

We harmonize in Zen

Our tune is CBT

And the singers sing so

Dialectically

We climb down into hell

To find the ones who lost their way

We build a ladder out so they

Can live another day

We fight every day, every night

For the right to be free.

Can you hear the people sing

Singing a song of DBT

It’s a song of hope for those

Who live with sensitivity

We harmonize in Zen

Our tune is CBT

And the singers sing so

Dialectically

We stay alert for judgment

It’s our mortal enemy

We fight invalidation

Of emotionality

With wise mind we find we can

Fragilize minimally.

Can you hear the people sing

Singing a song of DBT

It’s a song of hope for those

Who live with sensitivity

We harmonize in Zen

Our tune is CBT

And the singers sing so

Dialectically