

Dialectical Behavior Therapy Worksheet

Instructions

- Reflect on the following prompts and write down your responses
- This worksheet aims to help you apply DBT principles to your daily life

1. Situation:

Describe a recent situation that triggered intense emotions or challenging behaviors.

2. Emotion:

Identify the primary emotion you experienced in that situation.

3. Thoughts and Interpretations:

Write down any thoughts, beliefs, or interpretations that contributed to the emotion.

4. Skill Application - Dialectical Thinking:

Apply the concept of dialectical thinking to challenge your thoughts and find a balanced perspective. Write down alternative explanations or viewpoints.

5. Skill Application - Distress Tolerance:

List at least three DBT distress tolerance techniques you can use to cope with the intense emotions or behaviors in the situation.

6. Skill Application - Emotion Regulation:

Identify one specific emotion regulation strategy from DBT that you can practice to manage the identified emotion effectively.

7. Skill Application - Interpersonal Effectiveness:

Describe how you can apply DBT interpersonal effectiveness skills to navigate the situation and communicate your needs or boundaries effectively.

8. Reflection:

Reflect on your responses and any insights gained from completing this worksheet. Consider how you can incorporate DBT skills into similar situations in the future.

Remember, DBT is an ongoing process, and it takes practice to integrate these skills into your daily life. Be patient and compassionate with yourself as you navigate the journey of self-growth and emotional well-being.

DBT Therapy Worksheet

Name	Date
Record your responses to the subsequent questions in order to formulate a strategy for managing distressing emotions. Generate practical answers that you believe you would genuinely implement in practice.	
Name one distressing emotion that you want to manage with ACCEPTS:	
Activities - Identify and explain activities that demand your concentration and mindfulness, effectively diverting your attention from the distressing emotion.	
Contributing - Outline activities that facilitate your ability to focus on others, redirecting your attention away from the distressing emotion.	
Comparisons - Recollect a specific instance when you demonstrated resilience while facing a distressing emotion. Reflect on that experience once more and revisit the emotions and circumstances surrounding it.	
Emotions - Illustrate your approach to generating a new emotion that can effectively replace the distressing emotion you are currently experiencing. Explain the strategies or techniques you will employ to cultivate this alternative emotion.	
Pushing away - Determine proactive measures you can take to prevent or effectively manage thoughts and situations that trigger the distressing emotion. Describe strategies and techniques you can employ to minimize their impact or navigate them more effectively.	
Thoughts - Elaborate on mental strategies or activities that you would employ to divert your attention from distressing emotions. Explain techniques or practices that can serve as effective distractions and help shift your focus to more positive or neutral thoughts.	
Sensations - Outline your approach to creating a safe physical sensation that can serve as a distraction from distressing emotions. Describe specific techniques or activities that you will engage in to generate a sense of safety and comfort within your physical body, thereby redirecting your focus away from the distressing emotion.	

Select an interpersonal difficulty that you have faced or are currently confronting. Then, answer the questions posed in each step to create a strategy for communicating about this matter with others.

Describe - Present the objective facts of the situation in a clear and unbiased manner, without incorporating any personal opinions, judgments, or interpretations. Stick to observable and verifiable information, focusing solely on the concrete details of the situation.

Express your emotions using “I feel _____ when _____”

Express - Articulate the precise language you will utilize to effectively communicate your needs. Consider using assertive and clear statements that convey your requirements in a direct and respectful manner. Strive for clarity, avoiding ambiguity or vague language, to ensure your needs are understood and addressed appropriately.

Assert - Explain your approach to providing rewards or positive reinforcement to the other person when they respond positively to your needs. Consider ways in which you can acknowledge and appreciate their understanding and support, which may include verbal praise, acts of kindness, or expressions of gratitude.

Reinforce - Outline the objective of your interaction and clarify the specific goal you aim to achieve. Additionally, identify potential distractions or obstacles that might divert your focus or hinder progress toward your intended goal. Being aware of these distractions can help you stay focused and navigate any challenges that may arise.

Mindfulness - Explain the manner in which you would exhibit confidence through nonverbal cues, such as your posture, eye contact, and vocal expression.

Appear confident - Explain the boundaries or limits that you are willing to adjust or compromise on. Clarify the specific areas where you are open to negotiation or flexibility, while also identifying the boundaries that you are not willing to exceed or compromise.