

Name: _____ Date: _____

DBT Emotional Mind

Fill this worksheet.

Describe a time you were in emotional mind _____

The question, issue or problem I am exploring: _____

What are the facts? What am I thinking about this? _____

What do I feel about this situation? What are my emotions telling me? _____

What does my body sense? What are my body sensations telling me? _____

What does my emotional mind say about this? _____