

Dialectical Behavioral Therapy

Name: _____

Date: _____

Activities

Describe the activities that require focus and attention that distract you from the distressing emotion.

Contributing

Describe activities that would help you concentrate on others, rather than your distressing emotion.

Comparisons

Describe a time when you showed resilience under distressing emotion. Recall this experience again.

Emotions

Describe how you will create a new emotion that can replace your distressing emotion.

Pushing away

What can you do to avoid or manage thoughts and situations that create the distressing emotion?

Thoughts

Describe mental strategies or activities that you would use to distract you from distressing emotion.

Sensations

Describe how you will create a safe physical sensation to distract you from distressing emotion.