

Name : _____ Date : _____

DBT MINDFULNESS WORKSHEET

DIRECTIONS: Think about a recent situation in which you were overwhelmed by your emotions.

Describe the situation:

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How did you feel?

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What thoughts did you have?

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How did you act?

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Now reimagine that event. What new thoughts could you think in that situation?

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How might the new thoughts change how you feel?

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How might these new thoughts and new emotions result in you behaving in a new way?

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