

NAME: _____ DATE: _____

DBT THERAPY SKILLS WORKSHEETS

Mindfulness Worksheet

1. What are you doing right now? _____
2. What do you see? _____
3. What do you hear? _____
4. How do you feel? _____

Distress Tolerance Worksheet

1. What happened? _____
2. What emotion did you feel? _____
3. How strong was the feeling? (0-10) _____
4. What helped you calm down? _____

Emotion Regulation Worksheet

1. What emotion are you feeling? _____
2. Why do you think you feel this way? _____
3. What can you do to feel better? _____

Interpersonal Skills Worksheet

1. Who do you want to talk to? _____
2. What do you want to say? _____
3. How can you say it politely? _____