

Am I Difficult to Get Along With DBT Worksheet

Name:

Date:

Part I

Instructions: Below is a checklist of statements related to behaviors, beliefs, and thoughts that you have that may or may not be problematic. What you need to do is to tick as many boxes as you can, so long as all of what you tick applies to you.

- People use what I say against me.
- I have difficulty considering other people's points of view.
- People have told me I am self-absorbed or selfish.
- Most people are untrustworthy.
- I never feel like I am good enough.
- I often consider revenge when I have been treated unfairly.
- People have told me I am argumentative and confrontational.
- I am much more interesting and important than other people.
- I sometimes use passive-aggressive behavior to get my needs met (for example, I use "the silent treatment" or frequently blame others for my mistakes).
- I sometimes use attention-seeking behavior to get my needs met (for example, threatening to harm or kill myself or exaggerating stories to gain sympathy).
- I feel threatened when my partner/friend/family member spends time with others and gives them attention.
- I have a difficult time listening when other people talk unless it somehow affects me.

Part II

Instructions: Below are two questions related to the items you've ticked above. Please answer the questions with as much detail as you can given the space provided for each.

1. **Please reread the list and go through all the statements you've ticked. Based on the statements you've ticked, please write about how these beliefs, behaviors, and thoughts can negatively impact your interpersonal relationships.**

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question below.

2. Are there any beliefs, behaviors, and thoughts that you're willing to change (by compromising or by getting rid of them completely)? If so, which ones? And how would you go about changing them, if ever you have any ideas?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Adapted from the version created by Elyse Pipitone, LCSW and Angela M. Doel, MS for the book *The DBT Homework Assignment Workbook*.