

Barriers to Healthy Emotions and Behaviors DBT Worksheet

Patient Name:

Date:

Instructions:

Identify and explore the barriers that may hinder healthy emotional regulation and behaviors. Reflect on each barrier and consider possible strategies for overcoming them. Be honest and open in your responses.

1. Identifying Barriers:

In the space below, list any situations, triggers, or patterns where you find it challenging to regulate your emotions or engage in healthy behaviors.

- Situation/Trigger Barrier Type (Emotion/Behavior) Example:

- 1.
- 2.
- 3.

2. Understanding the Barriers:

Choose one barrier from your list and describe in detail why it poses a challenge to your emotional well-being and behaviors.

Barrier Chosen:

Explanation:

3. Exploring Strategies:

For the chosen barrier, brainstorm and write down at least three strategies you can use to overcome or navigate this challenge more effectively.

Strategies:

- 1.
- 2.
- 3.

3. Setting Intentions:

Based on the strategies you've identified, set a clear intention for how you will approach the chosen barrier in the future. Be specific and realistic.

Intention:

5. Mindfulness Practice:

Take a moment to practice mindfulness. Close your eyes, take a deep breath, and focus on your breath for a few minutes. Observe any emotions or thoughts that arise without judgment.

Signature: