

Consequences of Urges DBT Worksheet

Client's Name:

Date:

CONSEQUENCES OF YOUR URGES

	Pros	Cons
Acting on Harmful Urges to:	<i>Pros of acting on my harmful urges, giving in/up, or avoiding what needs to be done.</i>	<i>Cons of acting on my harmful urges, giving in/up, or avoiding what needs to be done.</i>
Resisting Harmful Urges to:	<i>Pros of resisting harmful urges, doing what has to be done, or not giving up.</i>	<i>Cons of resisting my harmful urges, doing what needs to be done, or not giving up.</i>

Reflections

What thoughts and feelings did you experience while you completed the list of Pros and Cons?

Were there any items on your list that surprised you? List them down and elaborate.

CONSEQUENCES (SHORT-TERM and LONG-TERM)

Instructions: Identify which pros and cons have short-term consequences - ones that can impact you today - and long-term consequences - ones that can impact your future.

Short-term pros:

Short-term cons:

Long-term pros:

Long-term cons:

Reflections

What thoughts and feelings did you have as you completed the short-term and long-term consequences list?

Rating

On a scale of 1 to 10 - with 1 = not very helpful, 5 = moderately helpful, and 10 = extremely helpful), how helpful was this exercise?

What did you learn from this exercise?

Reference: Pipitone, E., & Doel, A. (2020). Using a Pros and Cons List to Identify the Consequences of Your Urges. In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 67–71.)