

Creating a Better Day DBT Worksheet

Date:

Name:

CREATING A BETTER DAY

Instructions: List down . . .

- An activity that expresses my values:
- An activity that always makes me smile:
- An activity that makes me feel relaxed:
- An activity that helps me connect with people I care about:
- An activity that makes me think:
- An activity that I enjoy but I never have time for:
- An activity that brings back wonderful memories:
- A spiritual activity that helps me feel connected to a higher power:
- An activity that is always fun:
- Other meaningful activities that will make my day:

What to Do

Instructions: From your list, commit to doing one pleasurable daily. Make sure you schedule and plan out the details like the what, where, and with whom.

Before the activity, rate the level of distress you're feeling (1=little to no distress and 10=extreme level of distress or overwhelmed).

After doing the pleasurable activity, rate the level of distress you're currently feeling again.

Details	Distress Level (1-10)	Activity (including where, with whom, etc.)	Distress Level (1-10)	Notes
Monday Time:				
Tuesday Time:				

Wednesday Time:				
Thursday Time:				
Friday Time:				
Saturday Time:				
Sunday Time:				

Reflections

- What was it like to practice doing an enjoyable/pleasurable activity every day?
- Did you find it challenging to do an enjoyable activity every day? Why or why not?
- Did your distress levels increase or decrease as the week progressed? Please elaborate.

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

- What did you learn from this experience?

Reference: Pipitone, E., & Doel, A. (2020). Creating a Better Day. In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 35-37)