

DBT Emotion Regulation Skills Workbook

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1. Introduction to Emotion Regulation

What is Emotion Regulation?

Why is Emotion Regulation Important?

Questions

1. What do you hope to achieve with better emotion regulation?

Answer: _____

2. Describe a situation where poor emotion regulation impacted you.

Answer: _____

2. Understanding Emotions

Components of Emotions

Event → Interpretation → Emotional Response

Physical Sensations

Urges and Action Tendencies

Questions

1. Name an emotion you find difficult to manage.

Answer: _____

2. What physical sensations do you associate with this emotion?

Answer: _____

3. What are your action tendencies when you feel this emotion?

Answer: _____

3. Emotion Regulation Skills

A. Identify and Label Emotions

Table 1: Identifying Emotions

Emotion	Triggering Event	Physical Sensation

B. Function of Emotions

Table 2: Function of Emotions

Emotion	Function	Example Situation

C. Reducing Vulnerability: PLEASE Skill

Table 3: PLEASE Skill Actions

Physical Care	Action	Completed (Yes/No)

D. Opposite Action

Questions

1. What is an emotion you could use opposite action for?

Answer: _____

2. Describe the opposite action you would take.

Answer: _____

E. Checking the Facts

Questions

1. Describe a situation where checking the facts could have helped.

Answer: _____

F. Problem Solving

Questions

1. Identify a problem you'd like to work on.

Answer: _____

2. What are some potential solutions?

Answer: _____

4. Practice and Homework Assignments

5. Additional Resources and References

You can fill in "[Your content here]" with more in-depth material to guide the reader through each topic and exercise. Once you've filled in the content, you can save your document as a PDF for distribution or personal use.