

DBT Problem Solving Worksheet

Name:

Date:

The DBT Problem Solving Worksheet is a tool used in therapy to help individuals systematically approach and address problems or challenges they are facing. It follows a structured format to guide individuals through the process of problem-solving using DBT principles.

Identify the problem: Describe the problem or challenge you are facing in clear and specific terms. Be as detailed as possible.

Emotion associated with the problem: Identify and write down the primary emotion you are experiencing in relation to this problem.

Thoughts and beliefs related to the problem: Write down any thoughts, beliefs, or self-talk that are connected to the problem. These can include any negative or unhelpful thoughts that may be influencing your perception of the situation.

Behaviors or actions associated with the problem: List any behaviors or actions that you engage in as a response to the problem. Include both helpful and unhelpful behaviors.

Potential solutions: Generate a list of potential solutions or strategies to address the problem. Be creative and open-minded. Consider both short-term and long-term solutions.

Pros and cons of each solution: For each potential solution, list the pros and cons or advantages and disadvantages. Consider the potential outcomes and consequences of each solution.

Choose the best solution: Evaluate the potential solutions and choose the one that seems most practical and effective. Consider the balance between short-term and long-term benefits.

Plan of action: Outline a specific plan of action for implementing the chosen solution. Break down the steps into manageable tasks. Set realistic deadlines if applicable.

Anticipated obstacles and coping strategies: Identify any potential obstacles or challenges that may arise during the implementation of the chosen solution. Brainstorm coping strategies or alternative plans to overcome these obstacles.

Additional notes