

DBT Therapy Worksheet

ACCEPTS

Name: _____ Date: _____

Write down answers to the following questions to make a plan for dealing with distressing emotions. Come up with responses that you think you would actually use.

Name one distressing emotion that you want to manage with ACCEPTS:

Activities: *Describe the activities that require focus and attention that distract you from the distressing emotion.*

Contributing: *Describe activities that would help you concentrate on others, rather than your distressing emotion.*

Comparisons: *Describe a time when you showed resilience under distressing emotion. Recall this experience again.*

Emotions: *Describe how you will create a new emotion that can replace your distressing emotion.*

Pushing away: *What can you do to avoid or manage thoughts and situations that create the distressing emotion?*

Thoughts: *Describe mental strategies or activities that you would use to distract you from distressing emotion.*

Sensations: *Describe how you will create a safe physical sensation to distract you from distressing emotion.*

DBT Therapy Worksheet

DEAR MAN

Name: _____ Date: _____

Select an interpersonal difficulty that you have faced or are currently confronting. Then, answer the questions posed in each step to create a strategy for communicating about this matter with others.

Describe: *Describe the facts of the situation clearly, without any opinions or interpretations.*

Express: *Express your emotions using “I feel _____ when _____”.*

Assert: *Write down the specific language you will use when expressing your needs.*

Reinforce: *Describe how you will reward the other person for responding well to you.*

Mindfulness: *Describe your goal of this interaction, and things that may distract you from this goal.*

Appear confident: *Describe the body language you would use to show confidence (i.e. posture, eye contact, voice).*

Negotiate: *Describe the limits that you are willing to comprise within.*