

DBT Therapy Worksheet

- ACCEPTS -

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| Name | Date |
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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 -

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|------|------|
| Name | Date |
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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