

# Dialectical Thinking Worksheet

## Patient Information

Name:

Date of Birth:

Gender:

Date of Assessment:

Presenting Concerns:

## Objective

## Instructions

1. Review the situation or concern that the patient wants to address.
2. Encourage the patient to identify and record their automatic thoughts and initial emotional reactions.
3. Explore alternative perspectives or opposing viewpoints related to the situation.
4. Help the patient recognize and understand the dialectical tension between thoughts and emotions.
5. Guide the patient in finding a balanced and realistic perspective.
6. Encourage the patient to consider adaptive behaviors or coping strategies based on the new perspective.

## Situation or Concern

## Automatic Thoughts

## Initial Emotional Reactions

## **Opposing Viewpoints**

## **Dialectical Tension**

## **Balanced Perspective**

## **Adaptive Behaviors or Coping Strategies**

## **Reflection**

## **Follow-up**