

I Feel Disrespected in My Relationships - DBT Worksheet

Client's Name:

Date:

Instructions: Please take your time to complete this worksheet. Be as specific and honest as possible. This will help you better understand your feelings of disrespect in relationships and develop effective coping strategies.

Identify the Situation:

Describe the situation or instances where you have felt disrespected in your relationships. Include details such as who was involved, where and when it happened, and any specific triggers.

Situation 1:

- Describe the situation where you felt disrespected.

Situation 2:

- Describe another situation where you felt disrespected.

Identify Your Emotions:

List the emotions you experienced during these situations. Try to name as many emotions as you can. For example: anger, frustration, sadness, etc.

Situation 1 Emotions:

- List the emotions you felt during the first situation.

Situation 2 Emotions:

- List the emotions you felt during the second situation.

Automatic Thoughts:

Identify any automatic thoughts or beliefs that came up during these situations. These are thoughts that pop into your mind without much control. For example: "They don't care about me," "I'm not important," "I can't trust anyone."

Situation 1 Automatic Thoughts:

- List the automatic thoughts that came up during the first situation.

Situation 2 Automatic Thoughts:

- List the automatic thoughts that came up during the second situation.

Cognitive Distortions:

Analyze your automatic thoughts for any cognitive distortions. Check if you are engaging in black-and-white thinking, mind-reading, or any other distortions. If yes, write them down.

Situation 1 Cognitive Distortions:

- List any cognitive distortions in your automatic thoughts during the first situation.

Situation 2 Cognitive Distortions:

- List any cognitive distortions in your automatic thoughts during the second situation.

DBT Skill Application:

Think about how you can apply DBT skills to better cope with similar situations in the future. Choose one or more of the following skills and describe how you can use them:

- **Mindfulness:** How can you stay present and non-judgmental in similar situations?
- **Emotion Regulation:** How can you manage and reduce intense emotions when you feel disrespected?
- **Interpersonal Effectiveness:** How can you assertively communicate your feelings and needs in a respectful manner?
- **Distress Tolerance:** How can you tolerate distress when you feel disrespected without reacting impulsively?

DBT Skills Application:

- Describe how you can apply DBT skills in similar situations to cope more effectively.

Action Plan:

Based on your analysis and DBT skill application, create an action plan for how you can respond differently in similar situations in the future.

Action Plan:

- List specific steps and strategies you will use to address feelings of disrespect in your relationships going forward.

Review and Self-Reflection:

Periodically review your action plan and reflect on your progress. Are there any adjustments you need to make? What have you learned about yourself and your relationships through this process?

Review and Self-Reflection:

- Write down your thoughts on reviewing and adjusting your action plan and your personal growth.