

Identifying Trustworthy and Supportive People DBT Worksheet

Name:

Date:

Physician's Name:

What is the name of the person you think you can trust?

Instructions:

Evaluate if said person is trustworthy by checking off the statements you agree with below:

- I believe this person is caring and concerned about me.
- I believe this person won't gossip or share what I have told them with others.
- I believe this person is honest and tells me the truth.
- I believe this person treats me and my feelings with respect.
- I believe this person won't intentionally hurt me, emotionally or physically.
- I believe this person considers my best interests.
- I believe this person is reliable and dependable.
- I believe this person is consistent and predictable in their actions and reactions.
- Other people I know trust and respect this person.

List down other traits that make this person that makes them trustworthy:

Are there any other people in your life who may give you support even if you don't know them that well, such as a clergy member or health care professional? Who are they, and what are their names?

Can't think of anyone you can trust to support you? Look for local mental health hotline numbers, organizations, and websites. Write down the ones you feel comfortable contacting.

Reflection

What do you think is the first step you need to take to find people you can trust?

What are ways to determine if a person is trustworthy?

What are the specific kinds of support you need from a person? List them down below.
(Examples: You need someone to talk to on a regular basis, advice, or help with certain situations.)

How helpful was this exercise on a scale from 1 to 10? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful) = _____

What did you learn from this exercise?

Reference: Pipitone, E., & Doel, A. (2020). Creating a Better Day. In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 159-161)