

Increasing Your Sense of Control DBT Worksheet

Name:

Date:

This worksheet is designed to help you explore ways to increase your sense of control in different aspects of your life. By identifying areas where you can take action and make choices, you can enhance your overall well-being and build a greater sense of empowerment. Take some time to reflect on the prompts below and jot down your responses.

Identifying areas of influence

Consider the various areas of your life—personal, work, relationships, hobbies, etc. Write down at least three areas where you feel you have some level of influence or control.

- 1.
- 2.
- 3.
- 4.
- 5.

Recognizing what you can change

In each of the areas you listed, identify specific aspects that you have the power to change or influence. These could be behaviors, attitudes, routines, or decisions. Write down one or two aspects for each area

Area #1:

Aspect you can change:

Area #2:

Aspect you can change:

Area #3:

Aspect you can change:

Area #4:

Aspect you can change:

Area #5:

Aspect you can change:

Setting actionable goals

Choose one aspect from each area that you've identified as changeable. These will be your goals for increasing your sense of control. Make sure each goal is specific, achievable, and has a clear timeframe. Write down your goals below.

Area #1:

Goal:

Action steps:

Area #2:

Goal:

Action steps:

Area #3:

Goal:

Action steps:

Area #4:

Goal:

Action steps:

Area #5:

Goal:

Action steps:

Self-reflection

Take a moment to reflect on how completing this worksheet has impacted your perspective on control and empowerment. Write down any insights or realizations you've gained.

Additional Notes