

Making a Simple Request DBT Worksheet

Client Information:

Name: _____ Date: _____

Therapist: _____

Instructions:

In Dialectical Behavior Therapy (DBT), we learn skills to effectively manage emotions and improve relationships. One of these skills is making a simple request. A simple request is a way to ask for something you need or want clearly and assertively while respecting both your needs and the needs of others.

Please complete the following worksheet to help you practice making a simple request in a real-life situation. Consider a specific situation where you would like to make a simple request and follow the steps below.

Situation:

Describe the situation in which you want to make a simple request. Be specific about the context, people involved, and what you want to ask for.

Situation:

Identify Your Goal:

What is your goal for making this request? What would you like to achieve or change in this situation?

Goal:

Describe Your Emotions:

Identify and describe the emotions you are currently experiencing concerning this situation. Use a feelings word to express each emotion.

Emotion 1: _____

Emotion 2: _____

Emotion 3: _____

Assertive Communication:

To make a simple request effectively, it's important to use assertive communication. Assertiveness involves expressing your needs and feelings respectfully and clearly. Use the following format to formulate your request:

My Simple Request:

Anticipate Responses:

Think about possible responses you might receive when you make your request. How would you respond to these reactions, both positive and negative? Consider alternative ways to handle the situation if your request is not immediately accepted.

Possible Responses:

1. _____

2. _____

3. _____

Response Plan:

1. _____

2. _____

3. _____

Plan Your Next Steps:

What are your next steps based on your goal and the responses you anticipate? How will you follow through with your request, and what actions will you take to achieve your goal?

Next Steps:

Additional Notes: