

Managing Urges by Burning and Building Bridges DBT Worksheet

Name: _____ Age: _____

Objective: The objective of this worksheet is to help you manage intense urges and decrease access to the means of acting on unhealthy habits by "burning bridges" with those habits and "building new bridges" to healthier coping strategies.

Instructions:

- Identify the unhealthy urge or habit you want to change.
- List what enables this habit, including people, places, or situations.
- Describe the actions you'll take to disconnect from these enabling factors (burn bridges).
- Identify new resources, skills, or support systems to manage urges in healthier ways (build new bridges).
- Reflect on the benefits of making these changes in your life.
- Answer the reflection questions for insights.

Unhealthy Urge or Habit You Want to Manage:

List of Enabling Factors (Tools, Resources, Temptations):

[Identify and list the people, places, things, or situations that enable this unhealthy habit]

- 1.
- 2.
- 3.

Steps to "Burn Bridges" with Enabling Factors:

[Describe the actions you will take to eliminate or disconnect from these factors]

- 1.
- 2.
- 3.

Building New Bridges: [Identify resources, skills, or support systems you can use to manage your urges in healthier ways]:

- 1.
- 2.
- 3.

Trustworthy and Supportive People: [Name individuals who can provide encouragement and accountability]

- 1.
- 2.
- 3.

Enjoyable Activities: [List activities that can distract you from your urges]

- 1.
- 2.
- 3.

Calming and Pleasant Scent/Images: [Identify scents or images you can use to distract yourself]

1.

2.

3.

Other Strategies: [Consider additional strategies for building new bridges]

1.

2.

3.

Potential Benefits of Change: [Reflect on how your life will improve when you no longer act on these harmful urges]

1.

2.

3.

Reflection Questions:

How has this exercise changed your understanding of your urges and unhealthy habits?

How do you plan to use the strategies you've outlined to better manage your urges?

Did you find it challenging to "burn bridges," or was the process easier than you expected? Explain.

On a scale of 1 to 10 (1 = not very helpful, 10 = extremely helpful), how helpful was this exercise for you?

What valuable insights or lessons have you learned from completing this worksheet?

This worksheet draws inspiration from "The DBT Homework Assignment Workbook" authored by Elyse Pipitone, LCSW, and Angela M. Doel, MS, as a practical tool for applying DBT principles in managing urges and building healthier coping strategies.