

Measuring Emotion Intensity DBT Worksheet

Name:

Date:

Emotion Identification:

List the emotions you are currently experiencing.

- 1.
- 2.
- 3.

Intensity Scale:

Rate the intensity of each emotion on a scale of 1 to 10 (1 = Mild, 10 = Severe).

Emotion	Intensity

Reflect on Triggers:

Identify triggers or situations contributing to the intensity of each emotion.

Emotion	Triggers

Validation and Mindfulness:

Coping Strategies:

Select coping strategies based on the intensity of each emotion.

Emotion	Coping Strategies

Implementation:

Reassess Intensity:

After implementing coping strategies, re-rate the intensity of each emotion.

Emotion	Intensity

Learn and Adjust:

Additional Notes: