

New Experiences Radically Open DBT Worksheet

Your full name:

Date submitted:

Simply write down the pros and cons of:

1. Being open to experiencing new things, getting into situations you've never been in before, being considered as inexperienced by peers or actually being inexperienced, and not having the answers to questions or solutions to problems,
2. Being closed off from experiencing new things, and similar scenarios mentioned above.

It can be a simple list. You can even be as detailed as you'd like.

	Being open to new experience	Being closed to new experience
PROS		
CONS		