

Observing and Accepting Your Emotions DBT Worksheet

Name:

Age:

Objective: This exercise aims to help you observe and accept overwhelming emotions, leading to healthier coping strategies.

Part 1 - Instructions: When emotions become intense, avoiding or numbing them can be tempting. Yet, understanding and accepting emotions is key to finding better ways to manage them and navigate challenging situations.

Over the next two weeks, use the chart to track your emotions. Note situations that spark emotions, what you feel, and how you react. If needed, make extra copies of the chart.

Triggering Situation	My Emotions	Reaction

Part 2 - Instructions: This worksheet is a practical exercise in observing and accepting your emotions, employing principles from Dialectical Behavior Therapy (DBT). Find a quiet and comfortable spot to complete the steps below.

1. Mindful Observation

Close your eyes, take a deep breath, and turn your attention inward. What emotions are you experiencing right now? Without judgment, simply notice and name these emotions. Are they familiar or surprising? Jot down the emotions you identify.

2. Describing Emotions

In the space provided, describe each emotion you identified in the previous step. Think about how these emotions feel physically and mentally. Are they heavy or light? Intense or subtle?

3. Accepting Without Judgment

Practice acceptance by acknowledging that your emotions are valid responses. Without attempting to change or analyze them, write a statement of acceptance for each emotion. For instance, “I acknowledge and accept my feeling of [emotion] without judgment.”

4. Radical Acceptance

Embrace the concept of radical acceptance – fully acknowledging the reality of your emotions, even if you wish they were different. Reflect on any beliefs that hinder this acceptance. Challenge those beliefs and affirm your right to your emotions.

5. Self-Compassion

Extend kindness and understanding to yourself for experiencing these emotions. In the space provided, write a compassionate message to yourself. Consider saying, "I offer myself compassion as I navigate these emotions. It's okay to feel as I do."

6. Release and Let Go Activity

Envision each emotion as a leaf resting on the surface of a tranquil stream. Imagine releasing the leaves, watching them drift away downstream. As they float away, allow yourself to release any tension or resistance. Experience a sense of relief and lightness as you let go.

This worksheet is inspired by "Worksheet Based on Dialectical Behavior Therapy" authored by Elyse Pipitone, LCSW, and Angela M. Doel, MS.