

Performing Tasks with Intention DBT Worksheet

Client's Name:

Date:

Contact Number:

Therapist's Name:

Instructions: In this worksheet, we will explore how you approach and perform tasks with intention, using Dialectical Behavior Therapy (DBT) principles. Please reflect on the tasks you engage in and answer the following questions honestly. This will help us identify areas where you can enhance your effectiveness and mindfulness in performing tasks.

Task Description:

Briefly describe a specific task or activity you engage in regularly.

Intention:

What is your primary intention or goal when performing this task? Is it related to efficiency, enjoyment, completion, or something else? Please explain.

Mindful Awareness:

Rate your level of mindful awareness during the task on a scale of 1 to 10 (1 = Completely Mindless, 10 = Fully Mindful). Why did you give it this rating? What factors contributed to your level of mindful awareness?

Rate:

Present Moment Focus:

During the task, were you fully present in the moment, or did your mind wander? Describe any thoughts, emotions, or distractions that took your focus away from the task.

Effectiveness:

On a scale of 1 to 10 (1 = Not Effective, 10 = Highly Effective), how effective do you feel you were in achieving your intention for this task? What factors contributed to this level of effectiveness?

Rate:

Obstacles and Challenges:

What challenges or obstacles did you encounter while performing the task? Were these external (e.g., distractions) or internal (e.g., emotions, thoughts)? How did you respond to these challenges?

DBT Skills Applied:

Did you apply any DBT skills during this task? (e.g., Wise Mind, Radical Acceptance, ABC PLEASE, TIP, etc.) If so, which ones, and how did they influence your experience or effectiveness?

Self-Validation:

Did you engage in self-validation during or after completing the task? How did you acknowledge and validate your efforts, regardless of the outcome?

Learning and Improvement

Reflecting on your experience with this task, what insights have you gained? How can you apply these insights to improve your approach to similar tasks in the future?

Commitment to Mindfulness

On a scale of 1 to 10 (1 = Not Committed, 10 = Fully Committed), how committed are you to bringing intention, mindfulness, and effectiveness to your daily tasks? What steps can you take to enhance your commitment?

Rate:

Action Plan

Based on your reflections, what specific actions or strategies will you implement to enhance your intention, mindfulness, and effectiveness when performing tasks in the future?

Therapist's Feedback

Therapist's observations, comments, or suggestions for further exploration.

Homework

Identify at least one task you will focus on between now and the next session. Complete this worksheet for that task and be prepared to discuss your experience during the next session.

Signature (Client):

Signature (Therapist):