

# Problem Solving for Healthier Emotional Responses DBT Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What emotion are you feeling?

Describe what made you feel this way

What did you initially feel like doing?

Any physical changes you noticed?

What thoughts were swirling in your mind?

Rate (Intensity from 1-10) how strong the emotion is? \_\_\_\_\_

## Turning the Table: Changing How You Feel

1. Know It's Normal: Emotions happen to everyone. It's okay to feel this way.
2. Pause and Breathe: Take a few deep breaths to calm down.
3. Watch Your Thoughts: Imagine you're watching your thoughts on TV. What are they saying?

4. See Differently: Could there be another way to see this situation?

5. Be Kind to You: What would you tell a friend feeling like this?

6. Remember When: Think of another time you handled a similar feeling.

7. Choose a Move: Which idea feels good?

- Take a Moment: Do something you enjoy.
- Do the Opposite: Act the opposite of what you feel.
- Write It Out: Pour your feelings onto paper. Write what's bothering you.

8. Do It: Try the idea you picked.
9. Look Back: Did it help? What did you learn?
10. Growing Up: Remember, every time you deal with feelings, you're growing stronger.

### **Bonus Activity: Creative Outlet**

Sometimes, drawing or coloring can help turn feelings around. Grab some paper and colors, and draw how your feelings look to you right now. It doesn't have to be perfect. When you're done, take a look at what you've created. What does it tell you about how you're feeling?



Keep in Mind: Feelings don't control you. You're the boss! Turning upset feelings around takes practice. You're doing great.

Sign Here: \_\_\_\_\_