

Pros and Cons DBT Worksheet

Name: _____ **Date:** _____

Dialectical behavior therapy (DBT) incorporates distress tolerance as a fundamental element. It encompasses the capacity to endure and overcome intense emotional states while managing challenging situations in a constructive and efficient manner.

The pros and cons worksheet examines the advantages and disadvantages of tolerating distress compared to the benefits and drawbacks of not tolerating it. Reflect on a situation that causes distress and complete the form below by outlining the outcomes of actions to tolerate the distress and the outcomes of not tolerating it.

Situation		
Action	Pros	Cons

Reflections

Which outcomes carry more weight for you: the potential benefits of tolerating the distressful situation or the potential drawbacks of not tolerating it?

How might choosing to tolerate the distressful situation affect your emotional well-being?

How might choosing not to tolerate the distressful situation impact your relationships with others?

Are there any alternative approaches to managing the distressful situation that you could consider?