

Dialectical Behavior Therapy (DBT) Worksheet: Rehearsing Values-based Behavior

Client's Name:

Date:

Instructions: In this worksheet, we will explore values that are important to you and practice behaviors aligned with these values. Remember, the goal is to increase your overall well-being and develop skills to live a more fulfilling life. Please take your time to reflect on each question and provide thoughtful responses.

Step 1: Identifying Your Values

1. List three values that are important to you in your life:
 - a)
 - b)
 - c)
2. Briefly explain why each of these values is significant to you:
 - a)
 - b)
 - c)

Step 2: Connecting Values to Behaviors

For each value you listed, think of specific behaviors that align with that value. These behaviors should help you live by your values.

Value 1:

Behaviors aligned with this value:

- 1.
- 2.
- 3.

Value 2:

Behaviors aligned with this value:

- 1.
- 2.
- 3.

Value 3:

Behaviors aligned with this value:

- 1.
- 2.
- 3.

Step 3: Selecting Behaviors for Practice

Choose at least one behavior from each value group you are willing to practice during the upcoming week. These behaviors should align with your values and contribute positively to your well-being.

Value 1:

Chosen Behavior(s) for Practice:

Value 2:

Chosen Behavior(s) for Practice:

Value 3:

Chosen Behavior(s) for Practice:

Step 4: Planning for Obstacles

Anticipate potential obstacles or challenges hindering your ability to practice these behaviors. For each chosen behavior, identify possible barriers and brainstorm strategies to overcome them.

Value 1:

1. Obstacle:

2. Strategy:

Value 2:

1. Obstacle:

2. Strategy:

Value 3:

1. Obstacle:

2. Strategy:

Step 5: Reflection

At the end of the week, take some time to reflect on your experiences. Did you practice the chosen behaviors? How did they align with your values? What impact did it have on your well-being?

Value 1:

Reflection:

Value 2:

Reflection:

Value 3:

Reflection:

Additional Notes: