

# Seeing the Big Picture DBT Worksheet

Name:

Date:

## Part 1: Identifying Emotions

Reflect on your recent experiences and identify the emotions you have been feeling. Use descriptive words to accurately label each emotion.

Emotion:	
Emotion:	
Emotion:	
Emotion:	

## Part 2: Triggers and Reactions

Identify the situations or events that triggered these emotions. Describe the context and circumstances of each trigger. Then, note down your initial emotional and behavioral reactions.

Trigger:
Context/Circumstances:
Initial Reaction:

Trigger:
Context/Circumstances:
Initial Reaction:

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Context/Circumstances:
Initial Reaction:

Trigger:
Context/Circumstances:
Initial Reaction:

Trigger:
Context/Circumstances:
Initial Reaction:

### **Part 3: Challenging Thoughts**

Guidelines: Examine the thoughts associated with the triggers and emotions you identified. Are there cognitive distortions or negative self-talk? Write down these thoughts and evaluate their impact on your emotions.

Trigger:
Associated Thoughts:
Cognitive Distortions:
Impact on Emotions:

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#### **Part 4: Alternative Perspectives and Action Plan**

Guidelines: Consider alternative viewpoints for each trigger. Then, outline an action plan for responding to similar triggers in a healthier way.

Trigger:

Alternative Perspective:

Action Plan:

Desired Emotional Outcome:

Trigger:

Alternative Perspective:

Action Plan:

Desired Emotional Outcome:

Trigger:

Alternative Perspective:

Action Plan:

Desired Emotional Outcome:

Trigger:

Alternative Perspective:

Action Plan:

Desired Emotional Outcome:

Trigger:

Alternative Perspective:

Action Plan:

Desired Emotional Outcome: