

DBT-Based Emotion Regulation Worksheet

Step 1: Identify and Label Your Emotion

Understanding your emotions is the first step in regulating them. Use the prompts below to explore what you're feeling:

- What emotion am I experiencing right now _____
- What triggered this emotion? _____
- How intense is this emotion on a scale of 1 to 10? _____
- What thoughts and physical sensations accompany this emotion?

- Is this emotion helpful or unhelpful in this situation?

Step 2: Check the Facts

Checking the facts helps determine if your emotional response aligns with reality. Distorted thinking can amplify emotional distress.

- What are the objective facts of the situation?

- Am I interpreting the situation accurately, or am I making assumptions?

- Is there another possible explanation for what happened?

- How would someone else view this situation?

Step 3: Opposite Action

If an emotion is unhelpful or unjustified, taking an opposite action can help regulate it. This skill is based on behavioral activation, a proven method for changing emotional patterns (McMain et al., 2018).

- Emotion I want to change: _____
- Opposite action (e.g., approach instead of avoid, smile instead of frown, engage instead of withdraw): _____
- How did I feel after using the opposite action?

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- **Effectiveness (1-10):** _____

Step 4: Build Positive Emotions (Short & Long-Term)

Building positive emotions helps strengthen emotional resilience over time. This step focuses on increasing daily enjoyment and practicing gratitude.

1. Short-Term Positive Activities

- **What is one enjoyable activity I can do right now?**

- **Did engaging in this activity improve my mood?**

2. Long-Term Emotional Resilience

- **What are three meaningful activities I can incorporate into my routine to build a more positive emotional baseline?**

1. _____

2. _____

3. _____

Step 5: Practice Mindfulness of Emotions

Mindfulness involves observing emotions without judgment or avoidance. This skill helps create space between emotions and reactions.

- **Can I sit with this emotion without immediately reacting? (Yes/No)** _____

- **What happens if I observe this emotion without trying to change it?**

- **What thoughts arise when I accept the emotion instead of resisting it?**

Step 6: Reduce Emotional Vulnerability (ABC PLEASE)

This DBT skill focuses on long-term emotion regulation by maintaining physical and emotional well-being. Research highlights that self-care and biological regulation improve mood stability (Berking & Wupperman, 2012).

- **Accumulating Positive Emotions:** Did I engage in enjoyable activities today? (Yes/No) _____

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- **Building Mastery:** Did I accomplish something challenging today? (Yes/No) ____
 - **Cope Ahead:** Did I plan for and visualize handling difficult situations? (Yes/No) ____
 - **Physical Health Check:** Did I eat well, exercise, and sleep adequately? (Yes/No) ____
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Final Reflection and Action Plan

- **Which skill was most effective for me today?**

 - **How did my emotional intensity change after practicing these skills (1-10)?**
Before: _____ **→ After:** _____
 - **What will I do differently next time I experience a strong emotion?**

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Adapted from Linehan, M. M. (2014). DBT Skills Training Manual (2nd ed.). Guilford Press.

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