

ABC Please Handout

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The ABC Please Handout is a tool used in dialectical behavior therapy (DBT) to help people manage emotions and behaviors. The handout teaches skills to improve emotional regulation based on the principles of DBT, developed by psychologist Marsha Linehan, and is designed to help individuals cope with distressing emotions more effectively.

A - Accumulate positive emotions: Focus on doing activities that bring joy or satisfaction to build positive emotions.

B - Build mastery: Engage in tasks that you can succeed at, which boosts confidence and a sense of accomplishment.

C - Cope ahead: Plan and prepare for challenging situations in advance to manage stress and emotional reactions more effectively.

PL - Treat physical illness: Address health issues with medical care.

E - Balance eating: Maintain a nutritious and regular diet.

A - Avoid mood-altering substances: Stay away from drugs and alcohol.

S - Balance sleep: Ensure consistent, restful sleep.

E - Get exercise: Engage in regular physical activity.

Additional notes:

Reference: Linehan, M. M. (2015). DBT skills training handouts and worksheets (2nd ed.). Guilford Press.