

BPD Worksheet

BPD WORKSHEET

Name: _____ DoB: _____ dd / mm / yyyy

Gender: _____ Date: _____ dd / mm / yyyy

Cell: _____ Email: _____

Address:

Identify Your Triggers: Write down the events, situations, or thoughts that trigger intense emotions for you.

Rate the Severity: Rate the severity of the emotional response you experience when faced with each trigger. Use a scale of 1-10, with 1 being mild and 10 being severe.

Identify Your Thoughts: Write down the thoughts that go through your mind when faced with each trigger.

Identify Your Physical Sensations: Write down the physical sensations that you experience when faced with each trigger.

Identify Your Coping Strategies: Write down the coping strategies that you have used in the past to manage your emotions when faced with each trigger.

Evaluate Your Coping Strategies: Evaluate the effectiveness of your coping strategies. Did they help you manage your emotions effectively? If not, what could you do differently?

Develop New Coping Strategies: Identify new coping strategies that you can use to manage your emotions when faced with each trigger.

Create an Action Plan: Use the information you have gathered to create an action plan for managing your triggers. Write down the coping strategies that you will use and how you will implement them.