

DBT Therapy Worksheet

ACCEPTS

Name: _____ Date: _____ dd / mm / yyyy

Write down answers to the following questions to make a plan for dealing with distressing emotions. Come up with responses that you think you would actually use.

Name one distressing emotion that you want to manage with ACCEPTS:

Activities:

Contributing:

Comparisons:

Emotions:

Pushing away:

Thoughts:

Sensations:

DEAR MAN

Select an interpersonal difficulty that you have faced or are currently confronting. Then, answer the questions posed in each step to create a strategy for communicating about this matter with others.

Describe:

Express:

Assert:

Reinforce:

Mindfulness:

Appear confident:

Negotiate: