

DBT Skills Practice Worksheet

Instructions: Use this worksheet to practice mindfulness exercises, identify distress tolerance techniques for crises, develop an emotional regulation plan, and improve interpersonal effectiveness.

Mindfulness Exercises:

1. _____
2. _____
3. _____

Distress Tolerance Techniques:

1. _____
2. _____
3. _____

Emotional Regulation Plan:

- Identify emotions: _____
- Coping strategies: _____
- Reflection: _____

Interpersonal Effectiveness Plan:

- Communication skills to improve:

- Steps to take: _____
- Practice scenarios: _____