

DBT Emotion Regulation Skills

Managing overwhelming emotions in distressing situations



Name: _____ Date: _____

This worksheet helps you manage overwhelming emotions during distressing situations using Dialectical Behaviour Therapy (DBT) techniques. Take your time to reflect on your current emotional state and practise regularly to build resilience.

Current Emotion and Intensity

What emotion am I experiencing right now?

Intensity (1–10):

Low 1 2 3 4 5 6 7 8 9 10 Extreme

PLEASE Skills Check

Reflect on physical factors that may affect your emotions — nutrition, medication, sleep quality, exercise.

Opposite Action

Think of an action that is the opposite of your emotional urge. If you feel like isolating, reach out to someone. Write your opposite action:

TIPP Technique Employed

Which TIPP technique did you use? Temperature · Intense exercise · Paced breathing · Paired muscle relaxation

Wise Mind Reflection

Engage your Wise Mind — consider both your emotional experience and rational thoughts. What insights can you draw?

Final Emotion Intensity

After using these skills, rate your emotion again (1–10):

Low 1 2 3 4 5 6 7 8 9 10 Extreme

 "Be angry, and do not sin: do not let the sun go down on your wrath." – Ephesians 4:26