

DBT Skill Practice Assignment

Which DBT Skill Did You Use?

Opposite Action, Cold Water, Paced Breathing

Step 1: What is the SETTING?

Just the facts in 2-3 sentences

Stress Level

/5

Step 2: What is your URGE?

For example, to hide, attack, cling to, smoke, drink, eat, avoid

Urge Strength

/5

Step 3: How did you PRACTICE the DBT Skill?

Do so for at least 3 minutes

Step 4: Did you bring your ATTENTION back?

When it wandered in Step 3, did you notice?

Step 5: What WOULD HAVE HAPPENED?

Without the DBT Skill, would things have been different?

Step 6: WHAT HAPPENED?

After you used the DBT Skill, what did you notice? Were things the same?

Urge Strength

/5

Stress Level

/5

DBT Skill Practice Assignment

Which DBT Skill Did You Use?

Paced Breathing

Opposite Action, Cold Water, Paced Breathing

Step 1: What is the SETTING?

Just the facts in 2-3 sentences

Stress Level

3.5 / 5

Talking to my sister on the phone. Angry about her relationship choices.

Step 2: What is your URGE?

For example, to hide, attack, cling to, smoke, drink, eat, avoid

Urge Strength

4.5 / 5

Interrupt her, tell her what to do harshly, hang up.

Step 3: How did you PRACTICE the DBT Skill?

Do so for at least 3 minutes

I told her I would call her back in 5 minutes, that I needed to do something really quick. I set a timer for 3 minutes. I counted my breath: In for 3 out for 5.

Step 4: Did you bring your ATTENTION back?

When it wandered in Step 3, did you notice?

Yes, probably 10 times or more. Sometimes I was distracted for only a few moments, one time it was for probably almost a minute.

Step 5: What WOULD HAVE HAPPENED?

Without the DBT Skill, would things have been different?

It would have been hard to not act on my urges. I would likely have ended up very frustrated.

Step 6: WHAT HAPPENED?

After you used the DBT Skill, what did you notice? Were things the same?

Urge Strength

2.5 / 5

Stress Level

3.0 / 5

My stress level didn't go down a ton (I still had to make dinner and pick up the kids), but my urge level was less.