



DBT Skills Coaching Worksheet

Instructions

This worksheet is designed to help is make the best use of our session contact be getting clear definitions of problems and agreement on a course of action for finding solutions. Once you have completed the worksheet, please send it to me with a request for a call. I will respond as soon as I am able with times.

NOTE: If you are struggling to work though this worksheet because distress is too high, consider doing:

Temperature change (ice water on face, cold shower, holding an ice pack on forehead)

Intense exercise (run up and down stairs or do squats for 3-5 minutes to get your heart rate up, then wait as it comes back down,

Paced breathing and Paired relaxation (Focus on exhaling long and deep exhales, and as you exhale work on relaxing muscles where they are tense-it may help to tighten muscles on the inhale, then release and relax them on the exhale.)

Describe the problem

What is the situation that is causing you distress? What is happening right now?

(Use your Observe/Describe skills to help me understand the context in which you are needing help)

- _____
- _____
- _____
- _____
- _____
- _____

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Is this a problem that must be addressed before your next appointment? Select all that apply:

- Yes, because the problem has potentially life-threatening consequences
- Yes, because the problem has increased my misery to a level I cannot tolerate until then
- Yes, because the problem is time-sensitive, even if my distress is low or moderate
- Yes, because the problem is in response to my last therapy session
- No, I could address it in my next appointment (_____)

What do you want to do about it?

Review the 4-solution options (for reminders check out General Handout 1A)

1. **Solve the problem** – This is the best option when the problem is the result of circumstances that you either have some power to change or can avoid without interfering with your long-term goals, The goal here may be to make some progress towards a solution, even if the problem can't be solved immediately.
2. **Feel better about the problem** – This is best for problems that may not be easily fixed but may be more tolerable if your emotional reactions to the problem were different or less intense. The goal here is to consider all the factors that may be influencing the nature and intensity of your emotions so you can either change unwanted or painful emotions when it is possible or regulate intense emotional pain when it is inevitable.
3. **Tolerate the problem and the feelings** – This is the best option if the problem is the result of circumstances, you have no control over, cannot avoid (or avoiding would interfere with other important goals), and your emotional reactions to the problem are intense and very difficult to change. The goal here is to tolerate this distress without acting impulsively or doing something that may make the situation of your life worse. Or to change or avoid without interfering with your long-term goals.
4. **Staying miserable** – We all find ourselves in a moments when pain is high but willingness to do the thing that might reduce the suffering is low, perhaps because it is hard to let go of extreme thoughts or feelings, or because the necessary problem-solving would be very time and energy consuming. In this case phone is not likely to be helpful, consider trying a willing posture such as half-smile and willing hands, or simply observing and describing your thoughts for a while (you can review these skills in Destress Tolerance Handouts 13-15) then reconsider the above three options.

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Which option do you want coaching on? _____

What do you want to do about it?

List the skills or other methods of addressing the current problem you have already tried, and the outcome

- _____
- _____
- _____
- _____

What will you do until you hear back?

While I attempt to respond to request for skills coaching within 1-2 hours, there are times when I am unable to be in prompt contact. It is important that you have a plan to tolerate the problem while waiting for my response. List any skills or other methods or addressing the current problem that you will use until I am able to reach you,

Common skills to use include Wise Mind ACCEPTS, IMPROVE the moment, self-soothe, and TIP

- _____
- _____
- _____
- _____