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| **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 |
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| Step 2: What is your URGE?  For example, to hide, attack, cling to, smoke, drink, eat, avoid | Urge Strength | / 5 |
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| Step 3: How did you PRACTICE the DBT Skill?  Do so for at least 3 minutes | | |
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| Step 4: Did you bring your ATTENTION back?  When it wandered in Step 3, did you notice? | | |
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| Step 5: What WOULD HAVE HAPPENED?  Without the DBT Skill, would things have been different? | | |
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| Step 6: WHAT HAPPENED?  After you used the DBT Skill, what did you notice? Were things the same? | Urge Strength  Stress Level | / 5  / 5 |
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| **DBT Skill Practice Assignment** | | |
| Which DBT Skill Did You Use? 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. | | |
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| 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. | | |
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| 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. | | |
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| 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 min. | | |
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| 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. | | |
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| Step 6: WHAT HAPPENED?  After you used the DBT Skill, what did you notice? Were things the same? | Urge Strength  Stress Level | 2.5 / 5  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. | | |
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