

DIALECTICAL BEHAVIOURAL THERAPY WORKSHEETS FOR BORDERLINE PERSONALITY DISORDER: VERSION 2

MINDFULNESS

Be aware of the moment, concentrate on yourself, do not let the thoughts take up your mind and body. FOCUS!!!!

Use your five senses, name five things you can touch, five things you can hear, and five things you can smell.

Be aware of your surroundings.

Distress tolerance

If you are feeling stressed in a situation, learn to distract yourself, if the thoughts of self-harm are so much that you can not focus on anything else, just do something that you feel is good for you. Go for a walk, replace your thoughts with positive thoughts.

Interpersonal Effectiveness

Interpersonal effectiveness helps you to become more assertive in a relationship (for example, expressing your needs and being able to say "no") while still keeping a relationship positive and healthy.

Regulate your emotions

Learn to recognize your emotions and learn the ways to change them, write down your emotions on paper and review them every night.