

## IMPROVE DBT Worksheet

Imagery: Use your imagination and try to take yourself to a very calming and relaxing place.

Meaning: Find meaning or purpose in your life and try to achieve it. Any meaning from the present scenario

Prayer: It never hurts to say a little prayer. It means getting connected to the universe, seeking and asking for help from the higher being.

Relaxation: relaxation exercises like yoga, meditation, deep breathing, and progressive muscle relaxation make you relaxed and at peace.

One thing at the moment: Don't focus on every issue. One thing at a time and give yourself a break. Don't think about what will happen focus on the present that is in front of you. Deal with the crises at hand.

Empty rectangular box for writing.

Vacation: Go for a vacation.

Empty rectangular box for writing.

Encouragement: Say positive and good sentences to yourself.

Empty rectangular box for writing.