

The Cost of Self-Destructive Coping Strategies

Self-Destructive Coping Strategy	Possible Costs
1. You spend a great deal of time thinking about past pain, mistakes, and problems.	Miss good things that might be happening now and then regret missing those things too; depression about the past Other:
2. You get anxious worrying about possible future pain, mistakes, and problems.	Miss good things that might be happening now; anxiety about the future Other:
3. You isolate yourself to avoid possible pain.	Spend more time alone and, as a result, feel even more depressed Other:
4. You use alcohol and drugs to numb yourself.	Addiction; loss of money; work problems; legal problems; relationship problems; health consequences Other:
5. You take your painful feelings out on others.	Loss of friendships, romantic relationships, and family members; other people avoid you; loneliness; feel bad about hurting other people; legal consequences of your actions Other:
6. You engage in dangerous behaviors, like cutting, burning, scratching, pulling out hair, and self-mutilation.	Possible death; infection; scarring; disfigurement; shame; physical pain Other:

7. You engage in unsafe sexual activity, like unprotected sex or frequent sex with strangers.	Sexually transmitted diseases, some life threatening; pregnancy; shame; embarrassment Other:
8. You avoid dealing with the causes of your problems.	Put up with destructive relationships; get burned out doing things for other people; don't get any of your own needs met; depression Other:
9. You eat too much, restrict what you eat, or throw up what you eat.	Weight gain; anorexia; bulimia; health consequences; medical treatment; embarrassment; shame; depression Other:
10. You have attempted suicide or engaged in other nearly fatal activities.	Possible death; hospitalization; embarrassment; shame; depression; long-term medical complications Other:
11. You avoid pleasant activities, like social events and exercise.	Lack of enjoyment; lack of exercise; depression; shame; isolation Other:
12. You surrender to your pain and live an unfulfilling life.	Lots of pain and distress; regrets about your life; depression Other:
13.	
14.	

Exercise: Take a REST

Now you try using the REST strategy. Remember a problematic situation you recently encountered that caused you to feel emotionally overwhelmed. Do your best to identify what you did impulsively, what self-destructive behavior you engaged in (if any), and how you might have coped with the situation better if you had used the REST strategy. Don't worry about not knowing the exact coping strategies you would use at this point—coping strategies you'll soon be learning—but rather, try to describe the general type of coping strategy that would have helped you. For example, "Learn how to calm myself down" or "Learn to communicate better with my wife." Then as you continue to read through this workbook, try to find the specific skill that would have helped. (A worksheet for this exercise is available at <http://www.newharbinger.com/44581>.)

What happened in this distressing situation? _____

How did you feel? _____

What did you do? _____

Did you engage in any self-destructive behaviors? If yes, what were they? _____

Now use the REST strategy and imagine what could have happened differently.

How could you have relaxed (**R**) in this situation? _____

If you had done an evaluation (**E**), what would you have discovered? _____

If you had set an intention (**S**), what would it have been? _____

If you would have taken action (**T**) in this situation, what might have happened? _____

What would the overall advantages have been if you had used the REST strategy? _____

The Big List of Pleasurable Activities

Check (✓) the ones you're willing to do, and then add any activities that you can think of:

- ☐ Talk to a friend on the telephone.
- ☐ Go out and visit a friend.
- ☐ Invite a friend to come to your home.
- ☐ Text-message or email your friends.
- ☐ Organize a party.
- ☐ Exercise.
- ☐ Lift weights.
- ☐ Do yoga, tai chi, or Pilates, or take classes to learn.
- ☐ Stretch your muscles.
- ☐ Go for a long walk in a park or someplace else that's peaceful.
- ☐ Go outside and watch the clouds.
- ☐ Go jog.
- ☐ Ride your bike.
- ☐ Go for a swim.
- ☐ Go hiking.
- ☐ Do something exciting, like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things.
- ☐ Go to your local playground and join a game being played or watch a game.
- ☐ Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall.
- ☐ Get a massage; this can also help soothe your emotions.
- ☐ Get out of your house, even if you just sit outside.
- ☐ Go for a drive in your car or go for a ride on public transportation.
- ☐ Plan a trip to a place you've never been before.
- ☐ Sleep or take a nap.
- ☐ Eat chocolate (it's good for you!) or eat something else you really like.
- ☐ Eat your favorite ice cream.
- ☐ Cook your favorite dish or meal.
- ☐ Cook a recipe that you've never tried before.
- ☐ Take a cooking class.
- ☐ Go out for something to eat.
- ☐ Go outside and play with your pet.
- ☐ Go borrow a friend's dog and take it to the park.
- ☐ Give your pet a bath.
- ☐ Go outside and watch the birds and other animals.
- ☐ Find something funny to do, like watching a funny video on YouTube.
- ☐ Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed with pain).
- ☐ Go to the movie theater and watch whatever's playing.
- ☐ Watch television.

- ☐ Listen to the radio.
- ☐ Go to a sporting event, like a baseball or football game.
- ☐ Play a game with a friend.
- ☐ Play solitaire.
- ☐ Play video games.
- ☐ Go online to chat.
- ☐ Visit your favorite websites.
- ☐ Visit crazy websites and start keeping a list of them.
- ☐ Create your own website.
- ☐ Create your own online blog.
- ☐ Join an Internet dating service.
- ☐ Sell something you don't want on the Internet.
- ☐ Buy something on the Internet (within your budget).
- ☐ Do a puzzle with a lot of pieces.
- ☐ Call a crisis or suicide hotline and talk to someone.
- ☐ Go shopping.
- ☐ Go get a haircut.
- ☐ Go to a spa.
- ☐ Go to a library.
- ☐ Go to a bookstore and read.
- ☐ Go to your favorite café for coffee or tea.
- ☐ Visit a museum or local art gallery.
- ☐ Go to the mall or the park and watch other people; try to imagine what they're thinking.
- ☐ Pray or meditate.
- ☐ Go to your church, synagogue, temple, or other place of worship.
- ☐ Join a group at your place of worship.
- ☐ Write a letter to God.
- ☐ Call a family member you haven't spoken to in a long time.
- ☐ Learn a new language.
- ☐ Sing or learn how to sing.
- ☐ Play a musical instrument or learn how to play one.
- ☐ Write a song.
- ☐ Listen to some upbeat, happy music (start collecting happy songs for times when you're feeling overwhelmed).
- ☐ Turn on some loud music and dance in your room.
- ☐ Memorize lines from your favorite movie, play, or song.
- ☐ Make a movie or video with your smartphone.
- ☐ Take photographs.
- ☐ Join a public-speaking group and write a speech.
- ☐ Participate in a local theater group.
- ☐ Sing in a local choir.
- ☐ Join a club.
- ☐ Plant a garden.
- ☐ Work outside.
- ☐ Knit, crochet, or sew—or learn how to.
- ☐ Make a scrapbook with pictures.
- ☐ Paint your nails.
- ☐ Change your hair color.
- ☐ Take a bubble bath or shower.
- ☐ Work on your car, truck, motorcycle, or bicycle.

- ☐ Sign up for a class that excites you at a local college, adult school, or online.
- ☐ Read your favorite book, magazine, paper, or poem.
- ☐ Read a trashy celebrity magazine.
- ☐ Write a letter to a friend or family member.
- ☐ Write things you like about yourself on a picture of your body or draw them on a photograph of yourself.
- ☐ Write a poem, story, movie, or play about your life or someone else's life.
- ☐ Write in your journal or diary about what happened to you today.
- ☐ Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset.
- ☐ Make a list of ten things you're good at or that you like about yourself when you're feeling good, and keep it with you to read when you're feeling upset.
- ☐ Create your own list of pleasurable activities.
- ☐ Draw a picture.
- ☐ Paint a picture with a brush or your fingers.
- ☐ Spend time with someone you care about, respect, or admire.
- ☐ Make a list of the people you admire and want to be like—it can be anyone real or fictional throughout history. Describe what you admire about these people.
- ☐ Write a story about the craziest, funniest, or most meaningful thing that has ever happened to you.
- ☐ Make a list of ten things you would like to do before you die.
- ☐ Make a list of ten celebrities you would like to be friends with and describe why.
- ☐ Make a list of ten celebrities you would like to date and describe why.
- ☐ Write a letter to someone who has made your life better and tell them why. (You don't have to send the letter if you don't want to.)

Other ideas: _____

Valued Living Questionnaire

(Wilson, 2002)

Life Component	Less Important				Moderately Important				Extremely Important			
Family (other than romantic relationships or parenting)	0	1	2	3	4	5	6	7	8	9	10	
Romantic relationships (marriage, life partners, dating, and so on)	0	1	2	3	4	5	6	7	8	9	10	
Parenting	0	1	2	3	4	5	6	7	8	9	10	
Friends and social life	0	1	2	3	4	5	6	7	8	9	10	
Work	0	1	2	3	4	5	6	7	8	9	10	
Education and training	0	1	2	3	4	5	6	7	8	9	10	
Recreation, interests, hobbies, music, and art	0	1	2	3	4	5	6	7	8	9	10	
Spirituality and religion	0	1	2	3	4	5	6	7	8	9	10	
Citizenship and community life	0	1	2	3	4	5	6	7	8	9	10	
Self-care (exercise, diet, relaxation, and so on)	0	1	2	3	4	5	6	7	8	9	10	

Committed Action Worksheet

(Adapted from Olerud & Wilson, 2002)

1. A component of my life that I value is _____

My intention for this component is _____

The committed actions that I'm willing to take include the following (be sure to note when you'll begin these actions):

2. A component of my life that I value is _____

My intention for this component is _____

The committed actions that I'm willing to take include the following (be sure to note when you'll begin these actions):

3. A component of my life that I value is _____

My intention for this component is _____

The committed actions that I'm willing to take include the following (be sure to note when you'll begin these actions):

How to Do Cognitive Rehearsal

- Identify the exact situation where you want to enact your values: where are you; who's there; what are other people saying and doing?
- What intentions do you want to act on in this situation? What would you say or do in order to turn this value into action?
- Break your values-based behavior into specific steps. As vividly as possible, imagine yourself in the situation acting on your value and intentions.
- Notice the barriers that come up—anxiety, discouragement, thoughts of failure, and so on. Stick with the visualization long enough to experience the more prominent obstacles.
- Now, from the beginning, do a full visualized rehearsal of the situation and each step of your values-based behavior—while noticing any distressing feelings and thoughts that arise. As barriers show up, try to accept whatever discomfort they bring while seeing yourself successfully completing your values-based goal.
- Imagine people responding well to what you do, and congratulate yourself for choosing values over old emotion-driven behavior.
- Repeat the full visualization (values-based behavior, barriers, and positive outcome) at least one more time.

Coping Thoughts Worksheet

Distressing Situation	New Coping Thought
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Example: Coping Thoughts Worksheet

Distressing Situation	New Coping Thought
1. My boss yelled at me.	"This job stinks, but it's only temporary."
2. The weatherperson on television said that there is a really bad storm approaching that might cause some minor flooding.	"I can keep taking deep breaths and remind myself that this will pass soon. I can cope."
3. I couldn't get my gardening done before my friends came over, and I really wanted them to see how nice my backyard looks.	"It's disappointing, but I can cope. I'll talk about my plans for the backyard."
4. My sister called me "selfish" for not leaving work early to take her shopping.	"She lives in a world of pain herself; that's how she copes with disappointment."
5. I got sad while watching a movie.	"These are just my feelings, and eventually they'll go away. I can use my skills to cope."
6. I heard police sirens coming down the street, and it made me nervous.	"I'm not in danger right now. I'm safe and I'm comfortable behind the closed doors of my house."
7. The store clerk gave me the wrong change, and I have to go back and ask for more money.	"I can deal with this. I can say what I want, and deal with the disappointment if I don't get it."
8. My daughter is leaving for college, and I'm really going to miss her.	"My sadness won't kill me; it just doesn't feel good right now."
9. I get nervous when I don't have anything to keep me busy.	"I can take all the time I need right now to let go and relax."
10. I really hate to fly, but I need to go visit my grandmother in Tulsa.	"This is an opportunity for me to learn how to cope with my fears. I'll use my breathing and visualization skills."

Exercise: Radical Acceptance

Now answer the same questions for yourself. Think of a distressing situation that you experienced recently. Then answer these questions that will help you radically accept the situation in a new way:

- What happened in this distressing situation?

- What past events happened that led up to this situation?

- What role did you play in creating this situation?

- What roles did other people play in creating this situation?

- What *do* you have control of in this situation?

- What *don't* you have control of in this situation?

- What was your response to this situation?

- How did your response affect your own thoughts and feelings?

- How did your response affect the thoughts and feelings of other people?

- How could you have changed your response to this situation so that it led to less suffering for yourself and others?

- How could the situation have occurred differently if you had decided to radically accept the situation?

Assessing the Feeling-Threat Balance

First, rate the intensity of your emotion on a 0 to 10 scale of distress (where 10 represents the most intense level you've ever felt for this emotion).

0	1	2	3	4	5	6	7	8	9	10
Low Distress				Moderate Distress				High Distress		

Now rate the threat.

For anger:

How much actual damage has the offending person or situation done to your well-being?

0	1	2	3	4	5	6	7	8	9	10
Little Damage				Moderate Damage				Excessive Damage		

How much sustained damage has the offending person or situation done to your self-worth?

0	1	2	3	4	5	6	7	8	9	10
Little Damage				Moderate Damage				Excessive Damage		

For anxiety/fear:

How potentially harmful is this situation?

0	1	2	3	4	5	6	7	8	9	10
Little Harm				Moderate Harm				Excessive Harm		

How likely is that harm to occur?

0	1	2	3	4	5	6	7	8	9	10
Not Likely				Moderately Likely				Very Likely		

For guilt/shame:

How much harm have I caused?

0	1	2	3	4	5	6	7	8	9	10
None					Some					A Lot

How much did my behavior deviate from my values or beliefs about what’s right?

0	1	2	3	4	5	6	7	8	9	10
None					Some					A Lot

For sadness:

How serious is the loss I’ve suffered?

0	1	2	3	4	5	6	7	8	9	10
Little Loss				Moderate Loss					Excessive Loss	

How serious or long-lasting is the effect of my failure or mistake?

0	1	2	3	4	5	6	7	8	9	10
Little Effect				Moderate Effect					Serious Effect	

Create New Coping Strategies for Distressing Situations When You're with Someone Else

Distressing Situation	Old Coping Strategies	Unhealthy Consequences	New Coping Strategies	Healthier Possible Consequences
1.				
2.				
3.				
4.				

Create New Coping Strategies for Distressing Situations When You're Alone

Distressing Situation	Old Coping Strategies	Unhealthy Consequences	New Coping Strategies	Healthier Possible Consequences
1.				
2.				
3.				
4.				

My Emergency Coping Plan for Dealing with Situations

When I'm Upset and Dealing with Other People

First, I'll _____

Next, I'll _____

Then, I'll _____

Finally, I'll _____

My Emergency Coping Plan for Dealing with Situations

When I'm Upset and Alone

First, I'll _____

Next, I'll _____

Then, I'll _____

Finally, I'll _____

HIIT Exercise Log

Date	Exercise Performed	Length of High-Intensity Intervals and # of Intervals	Maximum Intensity Level (Heart Rate or Talk Test)	Length of Moderate-Intensity Interval	Mood Before HIIT Exercise, Rate intensity 0 – 10 (max.)	Mood After HIIT Exercise, Rate intensity 0 – 10 (max.)

Breaths per Minute Chart

Breaths per Minute	Length of Each Paired Inhale and Exhale
24	2.5 seconds
20	3 seconds
15	4 seconds
10	6 seconds
8	8 seconds (approximately)
6	10 seconds

How to Do Thought Defusion

Instructions

To begin, find a comfortable place to sit in a room where you won't be disturbed for as long as you've set your timer. Turn off any distracting sounds. Take a few slow, long breaths, relax, and close your eyes.

Now, in your imagination, picture yourself in the scenario that you chose, watching your thoughts come and go, whether it's on the beach, near a stream, in a field, in a room, or wherever. Do your best to imagine yourself in that scene. After you do, start to become aware of the thoughts that you're having. Start to observe the thoughts that are coming up, whatever they are. Don't try to stop your thoughts, and do your best not to criticize yourself for any of the thoughts. Just watch the thoughts arise, and then, using whatever technique you've chosen, watch the thoughts disappear. Whatever the thought is, big or small, important or unimportant, watch the thought arise in your mind and then let it float away or disappear by whichever means you've chosen.

Just continue to watch the thoughts arise and disappear. Use pictures to represent the thoughts or words, whatever works best for you. Do your best to watch the thoughts arise and disappear without getting hooked into them and without criticizing yourself.

If more than one thought comes up at the same time, see them both arise and disappear. If the thoughts come very quickly, do your best to watch them all disappear without getting hooked on any of them. Continue to breathe and watch the thoughts come and go until your timer goes off.

When you've finished, take a few more slow, long breaths and then slowly open your eyes and return your focus to the room.

List of Commonly Felt Emotions

Adored	Disgusted	Horrified	Sad
Afraid	Disturbed	Hurt	Satisfied
Angry	Embarrassed	Hysterical	Scared
Annoyed	Empty	Indifferent	Scattered
Anxious	Energetic	Infatuated	Secure
Apologetic	Enlightened	Interested	Shy
Ashamed	Enlivened	Irritated	Smart
Blessed	Enraged	Jealous	Sorry
Blissful	Enthusiastic	Joyful	Strong
Bored	Envious	Lively	Surprised
Bothered	Excited	Lonely	Suspicious
Broken	Exhausted	Loved	Terrified
Bubbly	Flirtatious	Loving	Thrilled
Cautious	Foolish	Mad	Tired
Cheerful	Fragile	Nervous	Unsure
Confident	Frightened	Obsessed	Upset
Content	Frustrated	Pleased	Vivacious
Curious	Glad	Proud	Vulnerable
Delighted	Guilty	Regretful	Worried
Depressed	Happy	Relieved	Worthless
Determined	Hopeful	Respected	Worthy
Disappointed	Hopeless	Restless	

Describe Your Emotion

Name the emotion: _____

Draw a picture of your emotion

Describe a related action: _____

Describe a related sound: _____

Describe the intensity of the emotion: _____

Describe the quality of the emotion: _____

Describe thoughts related to the emotion: _____

How to Do Mindful Breathing

First, find a comfortable place to sit in a room where you won't be disturbed for as long as you've set your timer. Turn off any distracting sounds. If you feel comfortable closing your eyes, do so to help you relax.

To begin, take a few slow, long breaths, and relax. Place one hand on your stomach. Now slowly breathe in through your nose and then slowly exhale through your mouth. Feel your stomach rise and fall as you breathe. Imagine your belly filling up with air like a balloon as you breathe in, and then feel it effortlessly deflate as you breathe out. Feel the breath moving in across your nostrils, and then feel your breath blowing out across your lips, as if you're blowing out candles. As you breathe, notice the sensations in your body. Feel your belly move as you activate the diaphragm muscle and allow your lungs to fill up with air. Notice the weight of your body resting on whatever you're sitting on. With each breath, notice how your body feels more and more relaxed.

Now, as you continue to breathe, begin counting your breaths each time you exhale. You can count either silently to yourself or aloud. Count each exhalation until you reach 4 and then begin counting at 1 again. To begin, breathe in slowly through your nose, and then exhale slowly through your mouth. Count 1. Again, breathe in slowly through your nose and slowly out through your mouth. Count 2. Repeat, breathing in slowly through your nose, and then slowly exhale. Count 3. Last time—breathe in through your nose and out through your mouth. Count 4. Now begin counting at 1 again.

This time, though, as you continue to count, occasionally shift your focus to how you're breathing. Notice the rising and falling of your chest and abdomen as you inhale and exhale. Again, feel the breath moving in through your nose and slowly out through your mouth. If you want to, place one hand on your abdomen and feel your breath rise and fall. Continue counting as you take slow, long breaths. Feel your belly expand like a balloon as you breathe in, and then feel it deflate as you breathe out. Continue to shift your focus back and forth between counting and the physical experience of breathing.

Now, lastly, begin to notice any thoughts or other distractions that remove your focus from your breathing. These distractions might be memories, sounds, physical sensations, or emotions. When your mind begins to wander and you catch yourself thinking of something else, return your focus to counting your breath. Or return your focus to the physical sensation of breathing. Try not to criticize yourself for getting distracted. Just keep taking slow, long breaths into your belly, in and out. Imagine filling up your belly with air like a balloon. Feel it rising with each inhalation and falling with each exhalation. Keep counting each breath, and with each exhalation, feel your body relaxing, more and more deeply.

Keep breathing until your alarm goes off. Continue counting your breaths, noticing the physical sensation of your breathing and letting go of any distracting thoughts or other stimuli. Then, when your alarm goes off, slowly open your eyes and return your focus to the room.

How to Make Wise-Mind Decisions

Now that you've had practice locating your wise-mind center, you can "check in" with that area of your body before you make decisions. This can help you determine whether a decision is a good one. To do this, simply think about the action you are about to take and focus your attention on your center of wise mind. Then consider what your wise mind tells you. Does your decision feel like a good one? If so, then maybe you should do it. If it doesn't feel like a good decision, then maybe you should consider some other options.

Learning to make reliably good decisions about your life is a process that evolves as long as you are alive, and there is no single way to do this. Checking in with your center of wise mind is simply *one* way that works for some people. However, some words of caution are needed here. When you first use wise mind to make decisions about your life, it will probably be difficult to tell the difference between an intuitive gut feeling and a decision made the old way with emotion mind. The difference can be determined in three ways:

1. *When you made your decision, were you being mindful of both your emotions and the facts of the situation?* In other words, did you make the decision based on both emotion mind and reasonable mind? If you haven't considered the facts of the situation and are being controlled by your emotions, you're not using wise mind. Sometimes we need to let our emotions settle and "cool off" before we can make a good decision. If you've recently been involved in a very emotional situation, either good or bad, give yourself enough time for your hot emotions to cool down so that you can use reasonable mind.
2. *Did the decision "feel" right to you?* Before you make a decision, check in with your center of wise mind and notice how it feels. If you check in with your center of wise mind and you feel nervous, maybe the decision you're about to make isn't a good one or a safe one. However, maybe you feel nervous because you're excited about doing something new, which can be a good thing. Sometimes it's hard to tell the difference, and that's why using reasonable mind to make your decision is also important. Later, when you have more experience making healthy decisions for your life, it will be easier to tell the difference between a good nervous feeling and a bad nervous feeling.
3. *You can sometimes tell if you've used wise mind by examining the results of your decision.* If your decision leads to beneficial results for your life, chances are you used wise mind to make that decision. When you start using wise mind, keep track of your decisions and the results in order to determine whether you're *really* using wise mind. Remember, wise mind should help you make healthy decisions about your life.

Negative Judgments Record

When?	Where?	What?

Example: Negative Judgments Record

When?	Where?	What?
Sunday, 2 p.m.	Home	I thought, "I hate Sundays; they're always so boring."
Sunday, 6:30 p.m.	Home	I told my girlfriend I didn't like the shirt she was wearing.
Monday, 8:30 a.m.	In the car pool on the way to work	I thought about how much I hate the people on the road who always drive like idiots.
Monday, 11 a.m.	Work	I thought about how stupid my coworkers are for asking me the same questions every day.
Monday, 12:30 p.m.	Work	I thought about how much I hate my boss for buying me a computer that's not fast enough to do my work.
Monday, 1:45 p.m.	Work	I got mad at myself for making a mistake and called myself an "idiot."
Monday, 2:30 p.m.	Work	I got mad at the president after reading about his views on foreign policy in the newspaper.
Monday, 4:15 p.m.	Work	I thought about the ugly color they painted the room I'm sitting in.
Monday, 5:15 p.m.	In the car pool on the way home	I told Sandra she was being rude for keeping her car radio turned up too loud.
Monday, 11:30 p.m.	Home	I got upset with myself for staying up so late and not getting enough sleep.

Beginner's Mind Record

When?	Where?	What?

Example: Beginner's Mind Record

When?	Where?	What?
Friday, 12 p.m.	Lunch with Laura	I thought, "Laura is an incredibly talented person who never makes any mistakes."
Friday, 2:30 p.m.	Work	I called myself "incompetent," because I'm not going to be able to finish all my paperwork before five o'clock.
Friday, 2:45 p.m.	Work	After talking with my mother on the phone, I thought about what a lousy job she did raising me.
Friday, 5:30 p.m.	At the bar, after work	I was thinking that the bartender looked really nice and was probably the type of person who would make a really good husband.
Friday, 7:30 p.m.	Home	At first I told my boyfriend that he was sweet for making dinner, but when he put too much salt on my food, I told him he was an idiot.
Saturday, 2:30 p.m.	Shopping mall	I found the "perfect" pair of jeans that are going to make me look fantastic.
Saturday, 3:00 p.m.	Shopping mall	I was thinking about how ugly one of the guys in the store looked.
Saturday, 4:15 p.m.	Home	I got upset and called myself an idiot when I realized that the jeans didn't fit.
Saturday, 9 p.m.	Home	I got mad at my boyfriend for not helping me get all my chores completed today.
Saturday, 10:30 p.m.	Home	I was thinking about what a perfect day tomorrow is going to be.

How to Do Judgment Defusion

Instructions

To begin, find a comfortable place to sit in a room where you won't be disturbed for as long as you've set your timer. Turn off any distracting sounds. Take a few slow, long breaths, relax, and close your eyes.

Now, in your imagination, picture yourself in the scenario that you chose in order to watch your judgments come and go, whether it's by a stream, in a field, in a room, or somewhere else. Do your best to imagine yourself in that scene. After you do, start to become aware of the judgments that you're having, just like in the last exercises in which you wrote down your judgments. Start to observe the judgments that are coming up, whatever they are. Don't try to stop your thoughts, and do your best not to criticize yourself for any of the judgments. Just watch the judgments arise, and then, using whatever technique you've chosen, watch the judgments disappear. If you need to refer to any of the records from the past exercises to remind yourself of recent judgments, feel free to do that. But then close your eyes and watch those judgments float away.

Whatever the judgment is, big or small, important or unimportant, watch the judgment arise in your mind and then let it float away or disappear by whichever means you've chosen. Just continue to watch the judgments arise and disappear. Use pictures or words, whatever works best for you, to represent the judgments. Do your best to watch the judgments arise and disappear without getting hooked into them and without criticizing yourself. If more than one judgment comes up at the same time, see them both arise and disappear. If the judgments come very quickly, do your best to watch them all disappear without getting hooked on any of them. Continue to breathe and watch the judgments come and go until your timer goes off.

When you've finished, take a few more slow, long breaths, and then slowly open your eyes and return your focus to the room.

How to Do Tasks Mindfully

To do tasks mindfully, you need to do the following:

- Focus and shift your attention between your thoughts, feelings, physical sensations, and actions in order to be mindful of your present-moment experience.
- Let go of distracting thoughts and judgments by allowing them to float past without getting stuck on them so that you don't get distracted from what's happening in the present moment.
- Use radical acceptance to remain nonjudgmental.
- Use wise mind to make healthy decisions about your life.
- Do what's effective in order to accomplish your goals.

Some people find it helpful to use a memory device—like the following one—to remind themselves to do tasks mindfully:

“Mindfulness Is Like a FLAME”

Focus and shift your attention to be mindful of the present moment.

Let go of distracting thoughts and judgments.

Use radical **A**cceptance to remain nonjudgmental.

Use wise **M**ind to make healthy decisions.

Do what's **E**ffective to accomplish your goals.

Weekly Mindfulness Activities Record

For the week of _____

Day	Mindful Breathing	Wise-Mind Meditation	Self-Compassion Meditation	Doing Tasks Mindfully	Other Mindful Exercise	Other Mindful Exercise
Monday	Time:	Time:	Time:	What: Where:		
Tuesday	Time:	Time:	Time:	What: Where:		
Wednesday	Time:	Time:	Time:	What: Where:		

Day	Mindful Breathing	Wise-Mind Meditation	Self-Compassion Meditation	Doing Tasks Mindfully	Other Mindful Exercise	Other Mindful Exercise
Thursday	Time:	Time:	Time:	What: Where:		
Friday	Time:	Time:	Time:	What: Where:		
Saturday	Time:	Time:	Time:	What: Where:		
Sunday	Time:	Time:	Time:	What: Where:		

Recognizing Your Emotions Worksheet

Questions	Your Responses
When did the situation happen?	
What happened? (Describe the event.)	
Why do you think that situation happened? (Identify the causes.)	
How did that situation make you feel, both emotionally and physically? (Try to identify both the <i>primary</i> and the <i>secondary</i> emotions.)	Primary emotions: Secondary emotions: Physical sensations:
What did you want to do as a result of how you felt? (What were your urges?)	
What did you do and say? (What actions or behaviors did you engage in as a result of how you felt?)	
How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)	

Example: Recognizing Your Emotions Worksheet

Questions	Your Responses
When did the situation happen?	Last night.
What happened? (Describe the event.)	I came home and my husband was lying on the sofa drunk again. He still refuses to go to therapy or AA. I yelled at him and called him a "worthless drunk." But he just sat there, without saying anything. So I went in the bathroom and cut myself.
Why do you think that situation happened? (Identify the causes.)	My husband is an alcoholic who hates me and regrets marrying me. I also think he's given up on his own life and just does things like this to hurt me on purpose.
How did that situation make you feel, both emotionally and physically? (Try to identify both the <i>primary</i> and the <i>secondary</i> emotions.)	Primary emotions: Anger Secondary emotions: Hopelessness and shame Physical sensations: Face and arms became tense, sick to my stomach
What did you want to do as a result of how you felt? (What were your urges?)	I wanted to hit my husband, and I had the urge to kill myself to end my pain.
What did you do and say? (What actions or behaviors did you engage in as a result of how you felt?)	I locked myself in the bathroom and started cutting myself. Then I went to bed by myself because I was so angry. I yelled at my husband and called him a "worthless drunk."
How did your emotions and actions affect you later? (What short-term or long-term consequences were there as a result of your actions?)	I was so angry when I went to bed that I forgot to set my alarm. So I woke up late for work. When I got in, my boss yelled at me again. He said that if I'm late one more time, he'll have to fire me.

Emotional Record

When Did It Happen and Where Were You?	How Did You Feel? ("Right now, I feel...")	Did You Say How You Felt Out Loud?	What Did You Do After You Recognized How You Felt?

Example: Emotional Record

When Did It Happen and Where Were You?	How Did You Feel? ("Right now, I feel...")	Did You Say How You Felt Out Loud?	What Did You Do After You Recognized How You Felt?
Thursday night, at home	I feel angry.	Yes	I went to the kitchen and had a glass of wine.
Thursday night, at home	I feel sad.	No	I tried to go to sleep, but I kept thinking about how sad I was.
Friday morning, on the bus	I feel agitated.	Yes	I tried to calm down by distracting myself and reading the newspaper.
Friday morning, at work	I feel pissed off.	Yes	I went outside and had a cigarette.
Friday afternoon, at work	I feel jealous.	No	I continued to ignore my friend who's dating a woman that I like.
Friday night, at home	I feel lonely.	Yes	I decided to go to the movies by myself and have a good time.
Saturday afternoon, at the park	I feel happy.	Yes	I stayed at the park with my friends.
Saturday night, at Ben's house	I feel cheerful.	Yes	I didn't say much to anyone because I didn't want to mess up my feelings.

Guide to Sleep Hygiene

Proper sleep habits are essential for any healthy lifestyle. Use the following suggestions if you have trouble falling asleep or staying asleep.

- Avoid caffeine for at least six hours before going to sleep.
- Avoid alcohol, nicotine, and recreational drugs before going to sleep and throughout the night.
- Avoid bright lights, including television and computer screens, before going to sleep because they are stimulating to your brain and might keep you awake.
- Don't exercise or eat a heavy meal shortly before going to sleep.
- Avoid napping during the day because it will make you less tired at night.
- Make your bedroom as comfortable as possible. Keep the temperature at a cool, comfortable level, keep your room as dark as possible (use a sleep mask if you need one), and minimize as much noise as possible (use earplugs if you need them).
- Only use your bed for sleeping and sexual activity, not for working, reading, or watching television. This way, your body will associate your bed with sleep, not with activity.
- If you have trouble falling asleep or if you wake up in the middle of the night and can't fall back to sleep, get out of bed and do something soothing until you feel tired enough to go back to sleep. Don't lie in bed thinking about other things; this will just make you feel more aggravated and make it harder to get back to sleep.
- Go to bed at the same time every night and wake up at the same time every morning. Create a regular pattern of sleeping and waking that your body can predict.
- Use some kind of relaxation method before going to sleep in order to calm your body and mind: take a bath, meditate, pray, write down your thoughts, use relaxation skills, and so on.
- If your sleep problems persist, if you can't stay awake during the day, or if you're feeling depressed, contact a medical professional for advice.

Recognizing Your Self-Destructive Behaviors Worksheet

Questions	Your Responses
When did the situation happen?	
What happened? (Describe the event.)	
Why do you think that situation happened? (Identify the causes.)	
How did that situation make you feel, both emotionally and physically? (Try to identify both the <i>primary</i> emotions and the <i>secondary</i> emotions.)	
What did you want to do as a result of how you felt? (What were your urges?)	
What did you do and say? (What self-destructive behaviors did you engage in as a result of how you felt?)	
What was the emotional reward for your self-destructive behavior? (Identify how the emotional reward was temporary.)	

Example: Recognizing Your Self-Destructive Behaviors Worksheet

Questions	Your Responses
When did the situation happen?	Tonight
What happened? (Describe the event.)	My girlfriend and I got into a fight. I asked her to come over, but she said she was too busy. Then I told her I didn't know what I would do to myself if she didn't come over, so she did.
Why do you think that situation happened? (Identify the causes.)	She's selfish sometimes. But I also know she's tired when she gets home from work. She's also studying for some classes she's taking. We were both in bad moods.
How did that situation make you feel, both emotionally and physically? (Try to identify both the <i>primary</i> emotions and the <i>secondary</i> emotions.)	Primary emotions: <i>Anger</i> Secondary emotions: <i>Hopeless, annoyed, afraid that she might leave me</i> Physical sensations: <i>My face became hot, my hands clenched.</i>
What did you want to do as a result of how you felt? (What were your urges?)	I wanted to scream at her and tell her how selfish she is. I also thought about scarring my arm, like I've done in the past.
What did you do and say? (What self-destructive behaviors did you engage in as a result of how you felt?)	I told her she had to come over if she really loved me, or I didn't know what I would do. Then I hung up the phone without waiting for her reply. I went in the kitchen and ate a half-gallon of ice cream while I waited for her to come over. I didn't sleep all night.
What was the emotional reward for your self-destructive behavior? (Identify how the emotional reward was temporary.)	By manipulating her, I got her to come over, which made me feel good. But when she came over, we fought. The ice cream also made me feel good for a little while, but I've been putting on too much weight lately, which makes me feel guilty. Not sleeping another night just made me feel worse the next morning.

Big-Picture Evidence Log

Questions	Your Responses
What happened?	
As a result, what did you think and feel? (Be specific.)	
What evidence <i>supports</i> how you're thinking and feeling?	
What evidence <i>contradicts</i> how you're thinking and feeling?	
Considering all the evidence, what's a more <i>accurate and fair</i> way to think and feel about this situation?	
What can you do to cope with this situation in a healthier way?	

Example: Big-Picture Evidence Log

Questions	Your Responses
What happened?	I got a poor grade on my math test.
As a result, what did you think and feel? (Be specific.)	Thoughts: "I'm such a loser." Feelings: Overwhelmed, upset, and angry
What evidence <i>supports</i> how you're thinking and feeling?	I studied as hard as I could, like I usually do, and I still only got a poor grade. That's my lowest grade in class all year.
What evidence <i>contradicts</i> how you're thinking and feeling?	I'm a straight-A student. I'm on the honor roll. And I got a full scholarship to my first choice of colleges.
Considering all the evidence, what's a more <i>accurate and fair</i> way to think and feel about this situation?	It's okay to feel disappointed because I studied a lot and still didn't do well. But this is just one bad grade. I mostly get As, and I'm doing well in general.
What can you do to cope with this situation in a healthier way?	Talk to my friends. Listen to music I like. Use thought defusion. Use mindful breathing. Use my coping thought: "Nobody's perfect; everybody makes mistakes."

Pleasurable Activities Log

When?	What Did You Do?	How Did You Feel?	What Did You Think?

Example: Pleasurable Activities Log

When?	What Did You Do?	How Did You Feel?	What Did You Think?
Wednesday night	I took a hot bath.	Very relaxed and calm	"I should do this more often."
Thursday afternoon	I treated myself to a delicious lunch at work.	Satisfied and happy	"I enjoy good food even if I can't always afford it."
Thursday night	I turned off my phone and watched a movie.	Very good; laughed a lot	"I don't watch enough comedies."
Friday night	I went to dinner with my boyfriend.	Excited, nervous, happy	"I wish we went out like that more often."
Saturday morning	I went to temple for religious services	Holy, special, calm	"I should come more often."
Saturday afternoon	I went for a walk at the lake.	Calm and peaceful	"The lake was beautiful."
Saturday afternoon	I went out for ice cream after the walk.	Happy, like I used to when I was younger	"I miss being this happy."
Saturday night	I stayed at home and read.	Relaxed and quiet	"Sometimes it's nice to do quiet things."
Sunday morning	I slept late.	Very rested	"I don't get enough sleep during the week."
Sunday night	I took another bubble bath.	Very relaxed	"I should do this every night."

Emotion Log

Date	Event	Emotion	Coping or Blocking Response

Key Steps to the Emotion Exposure

- Focus on your breathing.
- Notice how you feel inside your body.
- Notice and describe your emotion.
- Notice whether the feeling is growing or diminishing; see it like a wave.
- Describe any new emotions or changes in quality.
- Notice any need to block the emotion, but keep watching.
- Notice impulses to *act* on your emotion, but keep watching without acting.
- Notice judgments (about self, others, or the emotion itself), and let them go.
- Keep watching until the emotion either changes or diminishes.
- Finish with a few minutes of mindful breathing.

Opposite-Action Planning Worksheet

Emotion	Emotion-Driven Behavior	Opposite Action	Time Period	Outcomes

Example: Opposite-Action Planning Worksheet

Emotion	Emotion-Driven Behavior	Opposite Action
Anger	Attack, criticize, hurt, shout.	Validate, avoid or distract, use soft voice.
Fear	Avoid, hunch shoulders.	Approach what you fear, do what you've been avoiding, stand tall.
Sadness	Shut down, avoid, be passive, slump, hang your head.	Be active, get involved, set goals, stand straight.
Guilt/shame	Punish yourself, confess, avoid, shut down.	If unfounded guilt, continue doing whatever is triggering guilt; if guilt is justified, atone and make amends.

Behavior Analysis Worksheet

1. Problematic emotion: _____
2. Precipitating event (what happened before the emotion)
 - External event: Did something happen over which you have no control (like losing a job, getting sick, hearing disturbing news, and so on)?

 - Thoughts: What thoughts, prior to the emotion, might have triggered or intensified your reaction?

 - Emotion: Was there a prior or different emotion that triggered your reaction?

 - Behavior: Was something you or someone else did a trigger for your reaction?

3. Secondary events: Identify what happened immediately after the precipitating event (but before the problematic emotion). Break it down into a series of steps (a, b, c).
 - a. Thoughts: _____
Emotion: _____
Behavior: _____

 - b. Thoughts: _____
Emotion: _____
Behavior: _____

 - c. Thoughts: _____
Emotion: _____
Behavior: _____

Weekly Regulator Logsheet Managing Physical Vulnerability

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Took proactive steps to deal with physical illness/pain.							
Committed to balanced eating.							
Didn't use drugs/alcohol.							
Got enough sleep.							
Exercised.							
Used relaxation or mindfulness to cope with stress/tension.							

Managing Cognitive Vulnerability

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Observed trigger thoughts.							
Used coping thoughts.							
Noticed at least one positive event.							

Exercise: Conflict Log

Use the Conflict Log to help you record and observe both your aggressive and passive interpersonal habits. Then, after using the log for a week or longer, ask yourself these questions:

What kinds of needs or situations trigger your use of aggressive or passive strategies?

Which strategies do you most frequently rely on?

Are you getting what you want using aggressive or passive strategies?

What are the most frequent emotional consequences for using these strategies?

The assertiveness skills in the next chapter will give you more effective alternatives to the aggressive and passive responses you've typically used.

Conflict Log

Date	My Need	My Behavior	Aversive/Passive Strategy	Consequences

Fear Management—Risk Assessment

My Fear	Evidence Fear Will Occur	Evidence Fear Will Not Occur	Chance (%) of Fear Actually Occurring

Fear Management—Risk Planning

Make a coping plan utilizing your skills and resources in the event your feared scenario comes true.

Your Legitimate Rights

1. You have a right to need things from others.
2. You have a right to put yourself first sometimes.
3. You have a right to feel and express your emotions or your pain.
4. You have a right to be the final judge of your beliefs and accept them as legitimate.
5. You have a right to your opinions and convictions.
6. You have a right to your experience—even if it's different from that of other people.
7. You have a right to protest any treatment or criticism that feels bad to you.
8. You have a right to negotiate for change.
9. You have a right to ask for help, emotional support, or anything else you need (even though you may not always get it).
10. You have a right to say no; saying no doesn't make you bad or selfish.
11. You have a right not to justify yourself to others.
12. You have a right not to take responsibility for someone else's problem.
13. You have a right to choose not to respond to a situation.
14. You have a right, sometimes, to inconvenience or disappoint others.

Put the rights that are most important or liberating to you on a file card, and tape it someplace where you'll see it frequently, like your bathroom mirror, in order to remind yourself.

To remind you of your value and importance as a human being, we'd like you to review the following list of legitimate rights (adapted from McKay et al., 1983).

Assertive Situation Hierarchy

Rank	Situation
10.	
9.	
8.	
7.	
6.	
5.	
4.	
3.	
2.	
1.	

Communication Effectiveness Checklist

1. Were you clear about your goals?

- ☐ Did you know what you wanted?
- ☐ Did you know what you *didn't* want—so you could say no?
- ☐ Were you aware of your values, how you wanted to treat others, and how you'd like to be treated in return?

2. Did you use aversive strategies?

- ☐ Discounting
- ☐ Withdrawing/abandonment
- ☐ Threats
- ☐ Blaming
- ☐ Belittling/denigrating
- ☐ Guilt-tripping
- ☐ Derailing
- ☐ Taking away

3. Did you use passive strategies?

- ☐ Avoiding/withholding
- ☐ Shutting down/stonewalling

4. What were the blocking factors?

- ☐ High emotion (see page 223)
- ☐ Fear and “what ifs” (see page 224)
- ☐ Toxic relationships (see page 226)
- ☐ Myths (see page 226)
 - If I need something, it means there is something wrong or bad about me.
 - I won't be able to stand it if the other person gets mad or says no.
 - It's selfish to say no or ask for things.
 - I have no control over anything.

5. Intensity level

- ☐ Too high?
- ☐ Too low?

6. Assertiveness problems?

- ☐ Judgments instead of facts (see page 234)
- ☐ “You” statements instead of “I” statements (see page 235)
- ☐ No specific behavioral description of what you want (see page 236)

7. Blocks to listening? (see page 240)

- ☐ Mind reading
- ☐ Rehearsing
- ☐ Filtering
- ☐ Judging
- ☐ Daydreaming
- ☐ Advising
- ☐ Sparring
- ☐ Being right
- ☐ Derailing
- ☐ Placating

8. Forgot the conflict management strategies?

- ☐ Mutual validation (see page 244)
- ☐ Broken record (see page 244)
- ☐ Probing (see page 245)
- ☐ Clouding (see page 246)
- ☐ Assertive delay (see page 246)

9. Negotiation breakdown?

- ☐ Did you forget to use RAVEN?
 - **Relax**

- Avoid the aversive
- Validate the other person's need or concern
- Examine your values
- Neutral voice

10. Didn't use compromise solutions?

My Daily Practices

Mindfulness: _____

Deep relaxation: _____

Self-observation: _____

Affirmation: _____

Committed action plan: _____

What time each day will you do your practices? Please write that here: _____

The DBT Diary

Note how many times each day you use these key skills. For items marked with *, briefly describe what you did in the “Specifics” column. Make copies of the blank diary before using it and do your best to complete one every week.

Core Skills	Coping Strategies	Mon.	Tues.	Wed.
Distress Tolerance	Stopped Self-Destructive Action			
	Used REST Strategy			
	Used Radical Acceptance			
	Distracted from Pain			
	Engaged in Pleasurable Activities*			
	Soothed Myself*			
	Practiced Relaxation			
	Committed to Valued Action*			
	Connected with My Higher Power			
	Used Coping Thoughts & Strategies*			
	Analyzed Feelings-Threat Balance			
	Used Physiological Coping Skills*			
Mindfulness	Practiced Thought Defusion			
	Practiced Mindful Breathing			
	Used Wise Mind			
	Practiced Beginner’s Mind			
	Practiced Self-Compassion			
	Practiced Doing What’s Effective			
	Completed a Task Mindfully			
	Practiced Loving-kindness Meditation			

[illegible]

Core Skills	Coping Strategies	Mon.	Tues.	Wed.
Emotion Regulation	Was Able to Recognize My Emotions			
	Dealt with Physical Pain Appropriately*			
	Ate in a Balanced Way			
	Didn't Use Drugs or Alcohol			
	Got Sufficient Sleep			
	Exercised			
	Experienced Positive Events/Emotions*			
	Let Go of Thoughts or Judgments			
	Watched and Named Emotions			
	Didn't Act on Emotions			
	Used Opposite Action			
	Used Problem Solving			
Interpersonal Effectiveness	Practiced Compassion for Others			
	Practiced Fear Mgmt.—Risk Assessment			
	Made an Assertive Request			
	Said No Assertively			
	Negotiated Agreements			
	Listened to and Understood Others			
	Validated Others			
Rate Your Overall Mood for the Day (1 to 10) 1=Very Poor, 5=Mediocre, 10=Excellent				

[illegible]

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