

## **Week 9: DBT Homework Worksheet: Integration & Problem-Solving**

### **Skill Focus: Reflecting on DBT Skills & Identifying Personal Strengths**

**Objective:** Review the DBT skills you've learned, reflect on how they have helped you, and recognize your personal strengths in managing challenges.

#### **Part 1: Reflection on DBT Skills**

##### **1. List the DBT skills you have learned and used so far.**

- Which skills have been most helpful for you?
- Which ones do you find challenging?

##### **2. Think of a recent situation where you used a DBT skill.**

- What was the situation?
- Which DBT skill did you apply?
- How did it help you handle the situation?

##### **3. How have DBT skills changed the way you respond to emotions and stress?**

- Have you noticed any improvements in your emotional regulation, relationships, or distress tolerance?

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#### **Part 2: Identifying Personal Strengths**

##### **1. What personal strengths have helped you succeed in using DBT skills?**

**(Check all that apply or add your own.)**

- ☐ Patience
- ☐ Self-awareness
- ☐ Willingness to learn
- ☐ Resilience
- ☐ Problem-solving
- ☐ Communication skills
- ☐ Other: \_\_\_\_\_

##### **2. How do these strengths support your progress in therapy and daily life?**

##### **3. What are areas you would like to continue improving?**

- How can you build on your strengths to keep growing?

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#### Part 3: Applying Problem-Solving

1. Identify a current problem or challenge you are facing.

2. Which DBT skills can you use to address this issue?

3. Create a step-by-step plan to apply the skill and solve the problem.

• Step 1: \_\_\_\_\_

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• Step 2: \_\_\_\_\_

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• Step 3: \_\_\_\_\_

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