Building Pleasant Moments - Review journal

Review an attempt at building pleasant moments and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Taylor tries listening to one favorite song after a demanding day.

Use an ordinary or fictional example, with a clinician when appropriate. Chosen enjoyable experiences need not erase difficult emotions.

Practice task

Identify a small accessible activity, remove pressure to enjoy it, and notice its actual fit afterward.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What was the experience like rather than what should it have achieved? My optional adjustment or support request:

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A16-5