Describe without Judgment - Practice worksheet

Translate three judgmental labels into specific observations while retaining valid concerns about injustice.

Adults; supported use as appropriate | 15 minutes

Fictional example: Taylor changes a self-insult into a description of missing one deadline.

Use an ordinary or fictional example, with a clinician when appropriate. Description can separate events from global evaluations.

Practice task

Translate three judgmental labels into specific observations while retaining valid concerns about injustice.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What information becomes clearer when the label is removed?

4. An optional next step, support, adaptation, or reason to stop:

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-A04-2