Reality Acceptance with Boundaries - Practice worksheet

Separate what has happened, what you wish were different, and the actions still available.

Adults; supported use as appropriate | 15 minutes

Fictional example: Taylor cannot undo a canceled appointment and can ask about another option.

Use an ordinary or fictional example, with a clinician when appropriate. Acknowledging reality does not require approval, forgiveness, or giving up advocacy.

Practice task

Separate what has happened, what you wish were different, and the actions still available.

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

2. My response to the practice task above:

3. What is true now, and what action remains possible?

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-A10-2