Skills Practice Review Card - Practice worksheet

Record one situation, a skill attempted, what happened, and an adjustment; use no risk scoring and no identifying details.

Adults; supported use as appropriate | 15 minutes

Fictional example: Taylor tried pausing before a message and found that a written draft helped more.

Use an ordinary or fictional example, with a clinician when appropriate. A practice record can track fit without becoming a diagnostic score.

Practice task

Record one situation, a skill attempted, what happened, and an adjustment; use no risk scoring and no identifying details.

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

2. My response to the practice task above:

3. What will you keep, change, or seek help with next time?

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-A20-2