

Dialectical behavior therapy (DBT)

What I Want to Ask About DBT

Adults and teens 13+ | 10 to 15 minutes

Dialectical behavior therapy combines acceptance and change within structured treatment. Services differ in what they provide. This page helps you discuss a goal and ask about the service rather than treating one worksheet or a few skills as a complete DBT program.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Hold two truths

Describe something that deserves understanding and something you want to change. For example, "I was overwhelmed, and I want to respond without shouting." Acceptance of an experience does not remove responsibility for actions.

Clarify the service

Ask whether care includes individual therapy, skills work, between-session support, and coordinated clinical support. Discuss priorities, accessibility, attendance expectations, and what help is available in an urgent situation.

1. What experience needs validation, and what behavior would you like to change?**2. Which daily situation would you most like a useful skill for?****3. What would you like to ask about this service's components and support arrangements?****4. What access need or concern could affect participation, and how could it be addressed?****Clinical use and adaptation**

Do not present this page as comprehensive DBT, a certified tool, or a crisis intervention. Clarify the actual service offered and professional competencies. Address suicide and self-harm using appropriate assessment and treatment planning.