

DBT ABC PLEASE Skill Worksheet

Build positive experiences and reduce emotional vulnerability

Skill summary

ABC PLEASE combines Accumulate positive experiences, Build mastery and Cope ahead with physical self-care: treat illness, balanced eating, avoid mood-altering substances, balanced sleep and appropriate exercise.

A - Accumulate positive experiences

List one small positive activity for today and one long-term value-based goal.

B - Build mastery

Choose one manageable task that will build competence. Make it challenging but achievable.

C - Cope ahead

Name one predictable difficult situation and the skill you will rehearse before it happens.

PLEASE plan

Write one realistic action for health care, eating, substances, sleep and movement.
