

DBT Build Mastery Skill Worksheet

Build confidence through achievable practice

Skill summary

Build Mastery is a DBT emotion-regulation skill that increases competence through repeated, achievable challenge. Start small, practise consistently and increase difficulty gradually.

My mastery goal

Name one skill or responsibility you want to strengthen.

Smallest useful step

What can you complete in 5-20 minutes?

Obstacle plan

What may interfere, and how will you reduce the barrier or ask for support?

Practice review

What required effort? What went well? What is the next small adjustment?
