

4. Choose an option

Decision check	Notes
Is it safe, legal and consistent with my values?	
Does it address the actual problem rather than only reduce emotion?	
Is it realistic with my time, energy, money and support?	
What information or help is still needed?	

The option I will try first is... because...

5. Make the action plan

Step	When / where	Support or materials	Barrier plan
1.			
2.			
3.			

When will I review the result? What evidence will show that the plan helped?

If the first plan does not work, what will I revise or try next?

When the problem cannot be solved now

Some situations are painful but not currently changeable. After checking that no practical action is available, shift from repeated problem-solving to acceptance, self-soothing, meaning, support and other effective coping skills.

Use this worksheet safely

This worksheet is for education and skills practice. It does not replace assessment, diagnosis, crisis support or individual treatment. If you may harm yourself or someone else, cannot stay safe, or have a medical emergency, contact local emergency services or a qualified crisis resource now.

Research and source notes: Linehan, M. M. (2025). *DBT Skills Training Manual*, Revised Edition. Guilford Press. Linehan, M. M. (2025). *DBT Skills Training Handouts and Worksheets*, Revised Edition. Guilford Press. Lee, R. K., Harms, C. A., & Jeffery, S. E. (2022). The contribution of skills to the effectiveness of dialectical behavioral therapy. *Journal of Clinical Psychology*, 78(12), 2396-2409. Cuijpers, P., et al. (2018). Problem-solving therapy for adult depression: An updated meta-analysis. *European Psychiatry*, 48, 27-37. This is an original CounselorAid worksheet and does not reproduce proprietary DBT handouts.