

DBT ABC PLEASE Skill Worksheet

Reduce emotional vulnerability by building positive experiences, mastery, preparation, and basic physical care.

A - Accumulate positive experiences

One small enjoyable or meaningful activity I can do this week:

One longer-term valued goal I want to move toward:

B - Build mastery

A task that is challenging but achievable:

How I can make the difficulty level realistic:

C - Cope ahead

Predictable difficult situation:

Effective response I will rehearse:

PLEASE - reduce physical vulnerability

Note one realistic action for physical illness care, balanced eating, substances, sleep, or appropriate movement.
Use medical guidance where relevant.

DBT ABC PLEASE Skill Worksheet - Practice & Reflection

Weekly plan

Area	My plan
Positive experience	
Mastery	
Cope ahead	
Health / sleep / food / movement	

Which part made the biggest difference this week?

What will I adjust next week?

Evidence & safety note. This worksheet supports practice of DBT emotion-regulation skills described in Linehan's DBT skills framework. It is educational and is not a diagnosis, outcome measure, or substitute for comprehensive DBT or emergency care. Use safety planning and qualified professional support when risk, trauma, severe symptoms, or medical concerns are present.