

DBT Build Mastery Skill Worksheet

Build a sense of competence by doing tasks that are challenging enough to matter but achievable enough to complete.

Choose one area

Skill, responsibility, routine, or project I want to strengthen:

Set the right difficulty

What is one step I can reasonably complete?

Current confidence (0-10): _____

If confidence is below 4, how can I make the step smaller?

Plan practice

When and where will I do it?

What obstacle is most likely?

My backup plan:

Mastery principle

Aim for progress and evidence of competence, not perfection. Gradually increase difficulty as skill and confidence grow.

DBT Build Mastery Skill Worksheet - Practice & Reflection

Practice log

Date	Task	Difficulty 0-10	What I learned

What is the next realistic level of difficulty?

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.