

# DBT Cope Ahead Skill Worksheet

Rehearse an effective response before a predictable difficult situation.

## 1. Describe the situation

What is likely to happen? Focus on observable details rather than worst-case assumptions.

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## 2. Name likely emotions and urges

Emotion(s): \_\_\_\_\_ Likely intensity (0-100): \_\_\_\_\_

Action urges I expect:

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## 3. Choose effective skills

Which coping, communication, mindfulness, distress-tolerance, or problem-solving skills will I use?

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## 4. Plan support and safety

Who or what can support me?

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# DBT Cope Ahead Skill Worksheet - Practice & Reflection

## 5. Rehearse in detail

Imagine the situation beginning. Picture yourself noticing the first cue, using the chosen skill, handling obstacles, and continuing effectively. Write the sequence:

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## 6. Review

What part of the plan feels strongest?

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What needs adjustment?

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After the real situation, what did I learn?

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**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.