A DBT Check-up

We don't grow by accident.
We grow by attention.

Rate Each Area Below

1 Not true at all 2 Slightly true 3 Somewhat true 4 Mostly true 5 Very true



Mindfulness

- I often rush through my day without really noticing what I'm doing.
- My mind drifts to the past or future instead of staying in the moment.
- I have trouble observing my thoughts without getting tangled in them.
- I rarely pause to notice my emotions or physical sensations.
- I forget to breathe or ground myself when stressed.

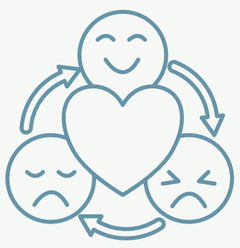
Total: ____ / 25



Distress Tolerance

- When I'm upset, I react impulsively or try to escape the feeling.
- I struggle to sit with discomfort without acting on it.
- I rely on avoidance more than healthy coping skills.
- I have trouble calming myself when overwhelmed.
- My emotions control my actions during crisis.

Total: ____ / 25



Emotion Regulation

- My emotions feel unpredictable or intense.
- I often don't understand why I feel what I feel.
- I get angry, anxious, or sad more strongly than I'd like.
- I struggle to recover after emotional setbacks.
- My mood shifts quickly.

Total: ____ / 25



Interpersonal Effectiveness

- I struggle to ask for what I need.
- Saying no is difficult.
- I worry about conflict or disappointing others.
- Some relationships feel draining or one-sided.
- I replay conversations wishing I'd spoken differently.

Total: ____ / 25

4C mental health