

DBT Please Worksheet

Notice what makes everything harder.



P - PAIN & ILLNESS

- ☒ Check in on body discomfort/pain.
- ☐ Any action to manage it?



L - LUNCH & MEALS

- ☒ Rate your food intake today.
- ☐ A small action for your next meal?



E - EMOTIONAL BALANCE

- ☒ Notice current mood levels.
- ☐ Action for more calm?



A - ALCOHOL & SUBSTANCES

- ☒ Record any substance use.
- ☐ Identify alternative coping?



S - SLEEP PATTERNS

- ☒ Total hours of restful sleep.
- ☐ Action for better sleep?



E - EXERCISE & MOVEMENT

- ☒ Duration and type of movement.
- ☐ A simple way to move today?



ABC PLEASE Skills Worksheet

1 Accumulate Positive Experiences



- ☐ Engage in one pleasant activity today
- ☐ Note a positive event
- ☐ Plan future enjoyable things

My Positive Actions:

2 Build Mastery



- ☐ Set a small, achievable goal
- ☐ Learn a new skill or task
- ☐ Focus on progress, not perfection

3 Cope Ahead



Preparation for stressful situations: [space to write notes]

4 PLEASE Body Check-In



Physical Illness



- ☐ Manage illness effectively
- ☐ Prevent future sickness

Self-care actions:

Eating Balance



- ☐ Eat balanced meals
- ☐ Maintain nutrition

My food choices:



Avoid Mood-Altering Substances



- ☐ Remain substance-free
- ☐ Limit alcohol & non-prescribed drugs

Strategies used:

My food plan:



Sleep



- ☐ Get consistent sleep
- ☐ Create a bedtime routine

How I improved sleep:

Exercise



- Engage in daily movement
- Find enjoyable activity

Exercise I did:

