

DBT Build Mastery

Understanding Mastery



Build confidence through achievable effort, not impression.
Act, tolerate friction, & improve with practice.

When to Use It



Reach for this when avoidance, low confidence, or exhaustion makes tasks feel impossible.



Low Confidence

How to Do It



1. CHOOSE ONE TASK:
Keep it realistic for today.



2. MAKE IT SLIGHTLY HARD:
Effort that counts, not likely to fail.



3. DEFINE "DONE":
Keep it concrete.



4. DO THE TASK:
Aim for completion, not perfection.



5. RECORD EVIDENCE:
Note manageable tasks & learning.

Task:	_____
Learning:	_____



6. ADJUST TOMORROW:
Based on what happened.

