

DBT Positive Events Tracker

ACCUMULATE POSITIVE EMOTIONS

Make room for good experiences on purpose.

When to Use:

Days full of stress, avoidance, or rumination.

HOW-TO

1. Pick something small.



2. Stay present for it.



3. Let the experience register.



4. Reduce the interference.



5. Think long term too.



Connect value to a real goal and small steps.

NOT toxic positivity! You can feel grief/anxiety and still make room for good.

