

Flexible Mind DEEP Worksheet

Inspired by RO DBT concepts (Verify terminology)



1. Notice the tightening! Describe a situation that felt difficult to accept.

- _____
- _____
- _____
- _____



2. Name your initial judgment.

- _____



3. List one other way to see it.

- _____
- _____
- _____



4. Choose a small action that leaves room for not knowing.

- _____
- _____

