

BPD Worksheet

Name:

DoB:

Gender:

Date:

Cell Number:

Email:

Address:

Identify Your Trigger

Write down the events, situations, or thoughts that trigger intense emotions for you.

Rate the Severity

Rate the severity of the emotional response you experience when faced with each trigger. Use a scale of 1-10, with 1 being mild and 10 being severe.

Identify Your Thoughts

Write down the thoughts that go through your mind when faced with each trigger.

Identify Your Physical Sensations

Write down the physical sensations that you experience when faced with each trigger.

Identify Your Coping Strategies

Write down the coping strategies that you have used in the past to manage your emotions when faced with each trigger.

Evaluate Your Coping Strategies

Evaluate the effectiveness of your coping strategies. Did they help you manage your emotions effectively? If not, what could you do differently?

Develop New Coping Strategies

Identify new coping strategies that you can use to manage your emotions when faced with each trigger.

Create an Action Plan

Use the information you have gathered to create an action plan for managing your triggers. Write down the coping strategies that you will use and how you will implement them.