

Myths About Emotions DBT Worksheet (Emotion Regulation Handout)

Debunking Myths About Emotions

Name: _____ Due Date: _____ Week Starting: _____

In the left column, write down the myths or misconceptions you hold about emotions. In the middle column, write down evidence that supports or refutes these myths. In the right column, jot down new insights or understandings you've gained about emotional regulation. At the bottom of each column, note whether debunking this myth was helpful.

Day	Myths about Emotions	Evidence Supporting / Refuting Myths	New Insights about Emotional Regulation	Helpful? Yes or No
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Details

Notes

(Source) Feel free to print this out or copy it into a document for use in your therapeutic setting!