

# Observing and Describing Emotions DBT Worksheet

## Client Information

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Date: \_\_\_\_\_

*Instructions: Take a few moments to observe and describe your emotions using the prompts below. Practice being present and non-judgmental as you explore your feelings.*

## Step 1: Mindful Observation

1. Find a quiet and comfortable space.
2. Close your eyes and take a few deep breaths.
3. Notice any physical sensations in your body. Are there any tightness, warmth, or tension?
4. Pay attention to your thoughts. What thoughts are associated with your current emotions?
5. Scan your body from head to toe. Are there any changes or sensations in different areas?

## Step 2: Identifying Emotions

1. Name the primary emotion you are feeling (e.g., happy, sad, angry, anxious).
2. Are there any secondary emotions or variations of the primary emotion (e.g., frustrated, excited, nervous)?
3. Consider the intensity of your emotions. Rate them on a scale of 1 to 10.

### **Step 3: Describing Emotions**

1. Write a brief description of the physical sensations you are experiencing related to your emotion.
2. Describe any thoughts or beliefs that contribute to your current emotional state.
3. Reflect on any memories or past experiences that might be influencing your feelings.
4. Consider the actions or behaviors you're inclined to engage in due to these emotions.

### **Step 4: Practice Non-Judgment**

1. Notice any judgments you may have about your emotions. Are you labeling them as "good" or "bad"?
2. Remind yourself that emotions are natural and valid responses to your experiences.
3. Use compassionate language when describing your emotions, avoiding self-criticism.

### **Step 5: Summarize and Plan**

1. Summarize your observation and description of your emotions in a few sentences.
2. Identify one healthy coping strategy you can use to manage these emotions effectively.
3. Commit to practicing self-care and using your coping strategy when needed.