

# Observing Your Emotions without Judgment DBT Worksheet

Name:

Date:

## Part 1: Identify Your Emotion

Emotion: Choose the emotion you are currently feeling from the list below:

- Anger
- Sadness
- Joy
- Fear
- Disgust
- Surprise

## Part 2: Explore Triggers and Reactions

Trigger: Briefly describe the situation or event that caused this emotion.

Immediate Reaction: Select the option that best describes your initial response:

- Felt overwhelmed
- Became anxious
- Felt a surge of energy
- Became teary-eyed
- Other:

## Part 3: Examine Your Thoughts

Thoughts/Beliefs: Write down any thoughts or beliefs that came to your mind when the emotion emerged.

Cognitive Distortions: Check if any of the following distorted thinking patterns apply to your thoughts:

- All-or-nothing thinking
- Overgeneralization
- Mental filtering
- Jumping to conclusions
- Personalization
- Catastrophizing

## **Part 4: Practice Mindful Observation**

Non-Judgmental Observation: Describe the emotion you're feeling without labeling it as good or bad.

Self-Affirmation: Write down a positive statement to remind yourself to observe your emotions without judgment.

Mindfulness Exercise: Close your eyes, take three deep breaths, and then focus on your breath for a moment. Now, gently bring your attention back to your emotions.