Pros and Cons DBT Worksheet

Name:	Date:	
	BT) incorporates distress toleran endure and overcome intense outlive and efficient manner.	
compared to the benefits and dra	examines the advantages and diswbacks of not tolerating it. Reflect youtlining the outcomes of action	on a situation that causes distress
Situation		
Action	Pros	Cons

Reflections
Which outcomes carry more weight for you: the potential benefits of tolerating the distressful situation or the potential drawbacks of not tolerating it?
How might choosing to tolerate the distressful situation affect your emotional well-being?
How might choosing not to tolerate the distressful situation impact your relationships with others?
Are there any alternative approaches to managing the distressful situation that you could consider?