Skills When the Crisis Is Addiction

Due Date:	Name:			V	Veek Starting:	
Check off two sk situation:	ills for backing dov	vn from addiction	on to practice t	this week	during a stressful	
☐ Plan for abstinence			☐ Sample abstinence for days			
☐ Plan for harm reduction			☐ Burn bridges			
☐ Practice clear mind			☐ Build new bridges			
☐ Search for abstinence reinforcers			☐ Practice alternate rebellion			
☐ Increase non-addicting pleasant events			☐ Practice adaptive denial			
Increase	Sant Events	- I ractice adaptive defilat				
Skill 1. Describe	e the situation and	d how you pra	cticed the sk	ill:		
	e was the skill in h			•	ping you from doing	
I still couldn't		I was able to co			I could use skills,	
the situation,		at least for a			tolerated distress, and	
for one more i	ninute. 2	It helped so		4	resisted problem urges. 5	
Did this skill kind? Circle		uncomfortable	e emotions or	urges, <i>or</i>	avoid conflict of any	
Describe ho	ow the skill helped	d or did not he	elp:			
Skill 2. Describe	e the situation an	d how you pra	cticed the sk	ill:		
	e was the skill in h				ping you from doing	
l still couldn't	stand	I was able to co	pe somewhat.		I could use skills,	
the situation,		at least for a	little while.		tolerated distress, and	
for one more i	minute. 2	It helped so		4	resisted problem urges. 5	
	help you cope with			-	avoid conflict of any	
Describe ho	ow the skill helpe	d or did not be	eln:			
Describe IIC	w the skill helpe	a or ala not ne	, i.e.			

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