Practicing Alternate Rebellion and Adaptive Denial

le Date:	Name:		We	eek Starting:
Check and dearises:	scribe plans for a	Iternate rebellion when t	the urge for	addictive behaviors
□ 1.				
	scribe what you a	actually did as alternative		
□ 1.				
		ellion was at helping you si		
1	2	3	4	5
Not effecti	/e	Somewhat effective		Very effective
	-	ve denial skills below tha oblem behavior as an urge	-	
1. Reframin	g an urge for a pro	blem behavior as an urge	for somethin	ng else:
1. Reframin	g an urge for a pro		for somethin	ng else:
□ 1. Reframin	g an urge for a pro ctive this was at he 2	oblem behavior as an urge elping you survive the urge	for somethin	ng else:
 1. Reframin Circle how effe 1 Not effection 	g an urge for a pro ctive this was at he 2	oblem behavior as an urge elping you survive the urge 3	for somethin es without giv 4	ving in to addiction. 5 Very effective
 1. Reframin Circle how effe 1 <i>Not effectiv</i> 2. Putting of 	g an urge for a pro ctive this was at he 2 /e f addictive behavio	bblem behavior as an urge elping you survive the urge 3 Somewhat effective	for somethin es without giv 4 mes:	ng else: ving in to addiction. 5 Very effective
 1. Reframin Circle how effe <i>1</i> <i>Not effectiv</i> 2. Putting of Circle how effe 1 	g an urge for a pro ctive this was at he 2 f addictive behavio ctive this was at he 2	elping you survive the urge <i>3</i> <i>Somewhat effective</i> or for minutes, tir elping you survive the urge <i>3</i>	for somethin es without giv 4 mes:	ng else: ving in to addiction. 5 Very effective ving in to addiction. 5
 1. Reframin Circle how effe <i>1</i> <i>Not effectiv</i> 2. Putting of Circle how effe 	g an urge for a pro ctive this was at he 2 f addictive behavio ctive this was at he 2	bblem behavior as an urge elping you survive the urge <i>3</i> <i>Somewhat effective</i> or for minutes, tir elping you survive the urge	for somethin es without giv 4 mes: es without giv	ng else: ving in to addiction. 5 Very effective ving in to addiction.
 1. Reframin Circle how effe <i>1</i> <i>Not effectii</i> 2. Putting of Circle how effe <i>1</i> <i>Not effectii</i> <i>1</i> <i>Not effectii</i> 	g an urge for a pro ctive this was at he 2 f addictive behavio ctive this was at he 2 ctive this was at he	elping you survive the urge <i>3</i> <i>Somewhat effective</i> or for minutes, tir elping you survive the urge <i>3</i>	for somethin es without giv 4 mes: es without giv 4	ng else: ving in to addiction. 5 Very effective ving in to addiction. 5
 1. Reframin Circle how effe <i>1</i> <i>Not effective</i> 2. Putting of Circle how effe <i>1</i> <i>Not effective</i> <i>1</i> <i>Not effective</i> <i>1</i> <i>1</i>	g an urge for a pro ctive this was at he 2 //e f addictive behavio ctive this was at he 2 //e d myself I only had	elping you survive the urge <i>3</i> <i>Somewhat effective</i> or for minutes, tir elping you survive the urge <i>3</i> <i>Somewhat effective</i>	for somethin es without giv 4 mes: es without giv 4 r, a day,	ng else: ving in to addiction. 5 Very effective ving in to addiction. 5 Very effective
 1. Reframin Circle how effe <i>1</i> <i>Not effective</i> 2. Putting of Circle how effe <i>1</i> <i>Not effective</i> <i>1</i> <i>Not effective</i> <i>1</i> <i>1</i>	g an urge for a pro ctive this was at he 2 //e f addictive behavio ctive this was at he 2 //e d myself I only had	bblem behavior as an urge elping you survive the urge <i>3</i> <i>Somewhat effective</i> or for minutes, tir elping you survive the urge <i>3</i> <i>Somewhat effective</i> I to be abstinent for an hou	for somethin es without giv 4 mes: es without giv 4 r, a day,	ng else: ving in to addiction. 5 Very effective ving in to addiction. 5 Very effective

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