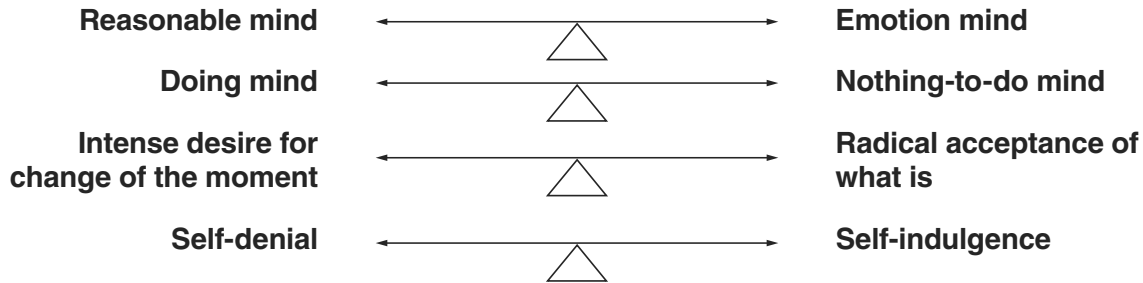


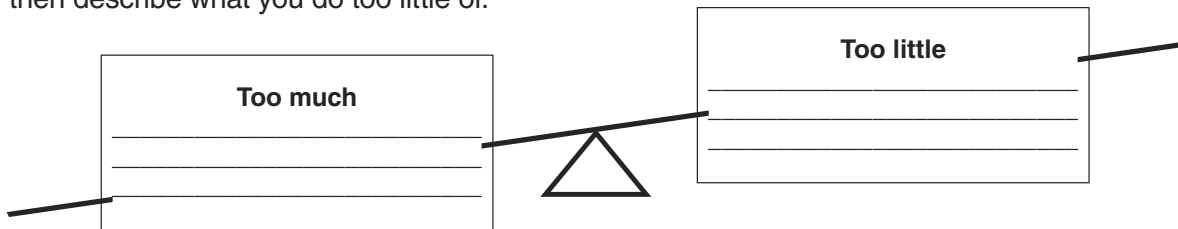
Analyzing Yourself on the Middle Path

Due Date: _____ Name: _____ Week Starting: _____

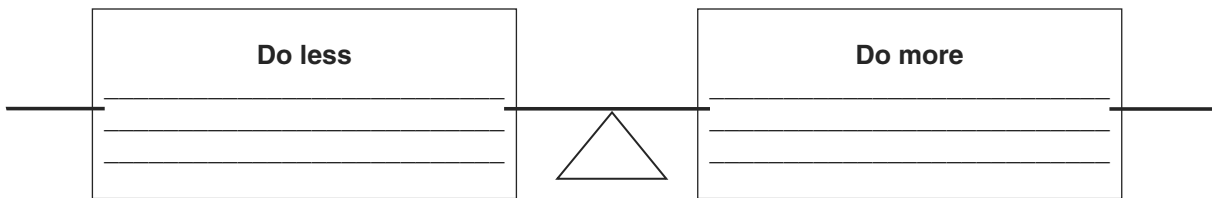
1. **Figure out where you are off the middle path, toward one extreme or the other.** For each of the following Wise Mind dilemmas, put an X on the line that represents where you think you are most of the time. If you are fairly balanced, put the X in the middle. If you are out of balance, put the X near the end that you are too extreme on.



2. **Choose one dilemma.** Describe *very specifically* what you are doing that is too much, and then describe what you do too little of.



3. **Check the facts.** Check for interpretations and opinions. Make sure that your list of activities you do too much of or too little of is in fact accurate. Check your own values in Wise Mind: Be sure to work on your middle path, not someone else's. Also check for **judgments**. Avoid "good," "bad," and judgmental language. Rewrite any items above if needed so that they are **factual and nonjudgmental**.
4. **Decide** on one (or at most two) *very specific* things to do in the next week to get closer to balance.



5. **Describe** what you did since last week: _____
6. **Rate** how effective the practice was in helping you become more balanced on the middle path. Rate it from 1 (did not help at all) to 5 (very effective, really helped): _____

List any and all wise things you did this week: _____

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