**Faith-Based DBT (Dialectical Behavior Therapy) Worksheet: Balancing Emotions with God’s Truth**

**Purpose:**

This worksheet is designed to combine the principles of **Dialectical Behavior Therapy (DBT)** with a faith-based approach, helping you to balance intense emotions with God’s truth. DBT is a therapeutic approach that focuses on teaching skills to manage emotions, tolerate distress, and improve relationships. The goal is to create emotional balance by learning how to accept difficult emotions while also making changes that promote healthy living.

In a faith context, this worksheet uses God’s Word to guide you through the principles of DBT. The foundation of DBT is built on **dialectics**—the idea that two seemingly opposite things can be true at the same time. This reflects biblical truth: God’s love is unwavering, yet we are called to grow and change (Romans 12:2). This worksheet will help you explore how you can accept yourself as you are while striving to live according to God's plan for your life. By integrating **mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness** with God's promises, you can build a resilient faith that allows you to manage your emotions effectively.

**Step 1: Identifying an Emotionally Intense Situation**

**Instructions:** Reflect on a recent situation where you experienced intense emotions, such as anger, anxiety, sadness, or frustration. Write down the details of this situation to help you gain clarity on what triggered these emotions.

**Example Situation:** "I felt very angry when I was misunderstood by a friend."

**Your Situation:**

**Step 2: Observe the Emotion**

**Instructions:** Now, describe the emotion you experienced during the situation. Focus on naming the emotion and identifying where you felt it in your body. This helps to build mindfulness, a key component of DBT.

**Example Emotion:** "I felt angry, and my chest tightened."

**Your Emotion:**

**Where did you feel this emotion in your body?**

**Step 3: Radical Acceptance**

**Instructions:** One of the core DBT skills is **radical acceptance**, which means accepting reality as it is, without judgment. This doesn’t mean you approve of everything, but that you accept the situation for what it is in the moment. God’s Word encourages us to trust His timing and plans, even in difficult situations (Proverbs 3:5-6).

**Questions for Reflection:**

* **How can I radically accept this situation?**
* **What are some truths from Scripture that can help me accept what happened without resisting it?**

**Example Reflection:**
"I accept that this misunderstanding happened, and though I don't agree with how things went down, I trust that God is in control."

**Your Reflection:**

**Step 4: Mindfulness of the Present Moment**

**Instructions:** Mindfulness is the practice of being fully present in the moment without judgment. This can help you avoid getting overwhelmed by negative emotions. Think about a Bible verse or prayer that can center you in God’s peace in the present moment.

**Example Bible Verse:** "Be still, and know that I am God." (Psalm 46:10)

**Your Verse or Prayer:**

**Mindfulness Exercise:**
Sit quietly for a moment, breathe deeply, and remind yourself of God’s presence. Focus on the here and now, letting go of judgments and worries.

**How does this help you center yourself in this moment?**

**Step 5: Skillful Emotion Regulation**

**Instructions:** DBT teaches that you don’t have to be controlled by your emotions. You can learn to regulate your emotional responses in healthy ways. God’s Word encourages us to **manage our emotions** wisely (Proverbs 29:11). Reflect on the following questions to guide you in learning to regulate your emotions:

* **What is the underlying need or fear behind the emotion I’m feeling?**
* **How can I acknowledge and meet this need in a healthy, godly way?**
* **What action can I take right now to regulate my emotions without letting them control me?**

**Example Reflection:**
"My anger came from feeling unheard. I can choose to express my thoughts calmly and listen to others’ perspectives, trusting God to help me communicate effectively."

**Your Reflection:**

**Action Step:**

**Step 6: Distress Tolerance Strategies**

**Instructions:** Distress tolerance skills help you endure difficult emotions without making the situation worse. These strategies help you tolerate emotional pain without reacting impulsively or destructively. God gives us strength to endure challenges and persevere (Philippians 4:13). Reflect on which distress tolerance strategies you can use to endure emotional pain in a healthy way.

**Examples of Distress Tolerance Skills:**

* **Distraction**: Engaging in an activity that helps take your mind off the intense emotions.
* **Self-Soothe**: Using your senses to calm yourself (e.g., listening to music, taking a warm bath, smelling calming scents).
* **Radical Acceptance**: Acknowledging the situation and allowing yourself to feel emotions without judgment.

**Your Chosen Strategies:**

**Step 7: Interpersonal Effectiveness**

**Instructions:** DBT also emphasizes interpersonal effectiveness, which focuses on communicating your needs while maintaining healthy relationships. God’s Word encourages us to speak truth in love (Ephesians 4:15). Think about how you can communicate your feelings and needs effectively, in a way that honors both God and others.

**Questions for Reflection:**

* **How can I assert my needs without becoming aggressive or passive?**
* **How can I respect the feelings and needs of others while also expressing my own?**
* **What Bible verses or prayers can guide me in managing my relationships with love and truth?**

**Example Reflection:**
"I will express my frustration to my friend gently, explaining how I felt without accusing or blaming."

**Your Reflection:**

**Step 8: Action Plan**

**Instructions:** Now that you’ve worked through the steps, create an action plan for how you will respond the next time you encounter a similar situation. God’s Word tells us to be prepared for challenges, and with His help, we can manage them wisely (James 1:5).

**Action Steps:**

**Conclusion:**

By combining **DBT skills** with God’s Word, you are learning to **balance** your emotions and develop emotional resilience. God promises to be with you through all circumstances (Isaiah 41:10), and with His strength, you can **manage your emotions**, build healthy relationships, and live according to His purpose for your life.

Remember, emotional regulation is not a one-time effort—it’s a lifelong process. As you continue to practice these skills and ground yourself in God’s truth, you will experience greater peace, balance, and emotional health.