**DBT Worksheet: “The Emotional Rollercoaster”**

**Purpose:**

This worksheet is designed to help you understand the ups and downs of your emotions using a fun metaphor—the emotional rollercoaster! Just like a rollercoaster has its highs and lows, your emotions can feel intense and overwhelming at times. The goal here is to help you recognize where you are on your emotional ride, and to teach you how to handle those loops and drops using DBT skills so that you can stay grounded, no matter how wild the ride gets.

By the end of this worksheet, you’ll learn how to identify and manage your emotional “rollercoaster” moments using DBT skills, so that you can feel more in control, even when emotions take you for a ride.

**Instructions:**

**1. Identify Your Emotional Rollercoaster Ride**

First, let’s think about a recent situation when your emotions felt like a rollercoaster. Were you feeling happy, frustrated, anxious, or maybe a combination of emotions? This section is like drawing the path of your rollercoaster ride—from the steep climb to the sudden drops.

**What was the situation that made you feel like you were on an emotional rollercoaster?**

**What emotions did you feel during this time?**

**What physical sensations did you experience?** (e.g., racing heart, tense muscles, etc.)

**2. Choose Your Ride: "What Kind of Rollercoaster Was It?"**

Was your emotional rollercoaster fast and furious? Or slow and steady, with long stretches of tension before the big drop? This section will help you pinpoint the intensity of your emotions in a fun way!

Circle one or more that fit your emotional rollercoaster ride:

* 🎢 **The Wild One:** Your emotions were so intense you could hardly breathe. It felt like your heart was racing, and you were either ready to cry or scream.
* 🎠 **The Steady Climb:** The tension slowly built up, like climbing a hill. You felt a gradual rise in stress before it finally broke.
* 🎡 **The Slow Spin:** Your emotions were swirling, but it wasn’t crazy. You felt confused or dizzy but not completely overwhelmed.
* 🎪 **The Sudden Drop:** You went from feeling fine to completely overwhelmed in an instant, like a drop on a rollercoaster that catches you off guard.

**3. The DBT “Safety Harness”: Which Skill Will You Use to Stay Grounded?**

When you're on a rollercoaster, you need a safety harness to keep you secure, right? In DBT, your emotional safety harness is the skills you use to stay grounded. These skills help you stay safe and calm, even when things feel chaotic. Below, choose the DBT skill that will help you manage your emotions during this ride:

**Choose one or more DBT skills you can use next time you’re on an emotional rollercoaster:**

* **TIPP (Temperature, Intense Exercise, Paced Breathing, Progressive Muscle Relaxation):** This cools you down, exercises your energy, and relaxes your body.  
  ☐ **Temperature:** Splash cold water on your face or hold an ice cube.  
  ☐ **Intense Exercise:** Do jumping jacks, run in place, or shake your body to release energy.  
  ☐ **Paced Breathing:** Breathe slowly in for 4 seconds, hold for 4, and breathe out for 4.  
  ☐ **Progressive Muscle Relaxation (PMR):** Tense and release your muscles to relax.
* **Self-Soothing with the Five Senses:** Find a way to calm down using what you can see, hear, touch, taste, and smell.  
  ☐ **Sight:** Look at something calming (e.g., a peaceful scene or a favorite photo).  
  ☐ **Sound:** Listen to calming music or nature sounds.  
  ☐ **Touch:** Hold something soft like a blanket or stuffed animal.  
  ☐ **Taste:** Eat something soothing, like a comforting snack or a warm drink.  
  ☐ **Smell:** Inhale a calming scent, like lavender or vanilla.
* **Radical Acceptance:** Sometimes, the ride is wild, and it’s important to accept the ride as it is. You can’t change it, but you can control how you react.  
  ☐ **Radical Acceptance:** Acknowledge that this emotion is just a part of the ride. You don’t have to fight it.

**4. Visualizing the Ride: “Drawing Your Rollercoaster”**

Draw your emotional rollercoaster! Imagine the situation you’ve been thinking about and sketch out how it looked. Where were the steep climbs? The big drops? The loops? Don’t worry about making it perfect—just focus on the flow of your emotions.

You can use the space below to draw your emotional rollercoaster. (Optional: Use colors to represent different emotions—red for anger, blue for sadness, yellow for happiness, etc.)

**5. The Emotional Stop Sign: Time to Pause and Reflect**

If you could put a stop sign on the ride at any point, when would you want to pause? It’s important to know when to “stop the ride” and reflect on what’s happening before things get out of control.

**When did you feel the most overwhelmed on your emotional rollercoaster?**

**What could you have done differently to calm yourself down at that point?**

**6. After the Ride: Reflection and Progress**

Now that the ride is over, let’s reflect on it. How did you handle it? Did the DBT skills help? What could you do differently next time?

**How did the skills help you during your emotional ride?**

**What is something you learned that you can take with you for your next emotional rollercoaster?**

**Summary:**

Life can feel like an emotional rollercoaster, with twists, turns, and unexpected drops. DBT teaches you that no matter how intense or overwhelming your emotions get, you can always use skills to stay grounded and safe. By identifying the ride, using the right skills, and taking a moment to reflect, you can get through even the wildest emotional experiences. Keep practicing and soon, you'll be able to enjoy the ride with more balance and confidence!