

Name _____ *DBT Therapy*



Accepting Reality

Describe something going on in your life right now that you don't want to accept.

How are you behaving with regards to this reality? Circle those that apply. Add any additional behaviors of your own.

avoidance

arguments

quitting

manipulating

tantrums

ultimatums

How do these behaviors make you feel?

Imagine you stopped resisting this reality. How does that feel?
