



## DIALECTICAL BEHAVIOR THERAPY CLIENT COACHING

Name \_\_\_\_\_

Date \_\_\_\_\_

Instructions: Complete and bring to your next therapy session.

Describe the problem in two to three sentences:

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What emotions are you experiencing and how strong is each (0-5)? \_\_\_\_\_

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Describe three skills you have tried, how you did them and the outcome.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

What date/time did you call your Counselor? \_\_\_\_\_

What skills did you and your therapist decide to try? \_\_\_\_\_

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What did you do?

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What was the outcome? \_\_\_\_\_

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What emotion(s) did you have when you were finished and how strong is each (0-5)? \_\_\_\_\_

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Notes: \_\_\_\_\_

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