

ABC PLEASE

DBT: Emotion Regulation Skills

We all experience painful or difficult emotions sometimes. However, these feelings can be more frequent, long-lasting, or challenging when we are vulnerable. This handout introduces and links worksheets for the ABC PLEASE skill, which reduces vulnerability to difficult emotions.

Things that make us vulnerable include: experiencing many negative events but few positive events; living a life that is not in line with our personal values; purposely doing very few challenging (but enjoyable) activities; not planning ahead for difficult situations; and neglecting physical health.

A

Accumulate Positive Emotions

- Do joyful activities and plan pleasant events now
- Build a “life worth living” by making long-term changes so more positive events will occur in the future

B

Build Mastery

- Do challenging - but not impossible! - activities
- This increases feelings of competence and effectiveness, and decreases feelings of helplessness and hopelessness

C

Cope Ahead with Emotional Situations

- Prepare in advance by rehearsing difficult situations so you can cope effectively when they come up

PLEASE

Take Care of Your Body to Take Care of Your Mind

- Use the PLEASE skill to:
- treat physical illness
 - balance eating
 - avoid mood-altering substances
 - balance sleep
 - get exercise

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://choosingtherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.