

Problem Solving

DBT: Emotion Regulation Skills

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template

If the situation is the problem (the emotion fits the facts) - how do we solve the problem?

If your emotion fits the facts, that means that the situation is causing your distress - and changing the situation through solving a problem might alleviate your distress.

1

Name the emotion

Emotion: _____

Intensity (1-10): _____

2

Describe the problem prompting your emotion

Describe the problem in detail.

3

Re-read and check the facts

Does your description include any cognitive distortions? Are the facts mixed up with assumptions or interpretations?

Re-write the facts if you need to - focus on describing what you observed (who, what, where, when).

4

Identify your goal

Decide on a short-term, realistic, simple goal. What outcome needs to happen for you to feel better?

5

Brainstorm other interpretations

Think of as many other interpretations as you can.

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



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6 Select a solution

Above, circle 1-2 possible, realistic solutions that best meet your goal. Using your wise mind, think through the pros and cons of your solution(s).

	Solution 1:	Solution 2:
Pros		
Cons		

7 Time for action

Pick the best solution for you. If the solution has multiple parts, keep track of them below:

Steps for:	Done?	Outcome

8 Evaluate

Did your solution solve the problem?

☐ Yes → process complete!

☐ No → try the next solution

☐ I have a new problem now → start again

Emotion now:

.....

Intensity (1-10):

.....

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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.

