

FREE WORKSHEETS

Using Dialectical Behavior Therapy (DBT) to Build a Life Worth Living

Practical & Engaging Printable Tools

Once the go-to treatment for borderline personality disorder, dialectical behavior therapy (DBT) has become recognized as one of the most desirable therapies by both clinicians and patients alike...

...because it's easy to apply and adapt the principles of DBT with clients from all walks of life.

The primary goals of DBT are to help clients identify a life worth living and guide them towards changes that'll help them reach their goals. But for individuals who are anxious, depressed, or even suicidal, thinking about their ideal life can be overwhelming.

Use these guided worksheets in the early stages of treatment to help clients reflect on their goals and priorities in a more manageable way. Once you've identified potential areas of change, you can work collaboratively to identify steps towards achieving your clients' goals, strengthening your therapeutic alliance and moving your clients towards a life worth living!

Building a Life Worth Living

How do you define a life worth living? _____

What brings you joy? _____

List two goals that you can set to build a life worth living.

1. _____
2. _____

Set 3 small achievable goals that help you work towards one of your goals above.

1. _____
2. _____
3. _____

What are possible behaviors that interfere with you achieving your goal(s)?

List 3 supports that can help you achieve a life worth living.

1. _____
2. _____
3. _____

Life Worth Living Goals

What are your goals and priorities in life? What would you like to be different about your life? Use the sections below to help you identify goals for different areas of your life.

Mental/Emotional Health:

Physical Health:

School/Education:

Work:

Finances:

Relationship with Family:

Relationships with Friends:

Hobbies/Interests:

Spirituality:

Life Worth Living Goals

Choose two goals to begin to focus on:

1. _____

2. _____

How would your life be different once you have achieved your goal?

How can you start achieving your goal?



Katelyn Baxter-Musser, LCSW, CDBT, is a licensed clinical social worker and is certified in Dialectical Behavior Therapy (CDBT) through Evergreen Certifications Institute.

Ms. Baxter-Musser is trained in DBT and incorporates it into her practice in working with adolescents and adults presenting with a variety of concerns. She has facilitated DBT skill groups and has used DBT in individual therapy in private practice and in work for several agencies. Her years of experience using DBT principles in her practice have helped her clients to develop healthier coping skills, better process their past traumas, and increase their ability to identify and cope with destructive emotions.

Ms. Baxter-Musser is also trained in Cognitive Behavioral Therapy is a certified EMDR therapist. She is a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, the National Center for Crisis Management and the Maine Collaborative Law Alliance. She sits on the EMDRIA Standards and Training Committee and is the co-regional coordinator for the EMDRIA Southern Maine Regional Network. She works in private practice where her areas of expertise include the treatment of trauma, PTSD, depression, anxiety grief and relationship issues.

Become Certified in Dialectical Behavior Therapy!



DBT is one of the most clinically proven methods of therapy for most mental health conditions, and this online certification course is grounded in the foundational principles of DBT. You'll get updated DBT interventions to treat borderline personality disorder, anxiety, depression, trauma, suicidal ideations, addiction and nearly any client condition. Join an elite community of colleagues and significantly grow your practice and change your clients' lives today.

Get started today at
www.pesi.com/dbt-cert