

Therapy Worksheets for BPD Treatment

1. Mood & Emotion Diary

Question	Response
Date	_____
Mood (1-10)	_____
Emotion(s) felt	_____
Trigger	_____
Reaction	_____
Coping strategy used	_____

2. ABC Model Worksheet

Question	Response
A (Activating event)	_____
B (Beliefs about event)	_____
C (Consequences - emotions & actions)	_____
Alternative Thought	_____

3. Mindfulness Log

Question	Response
Date	_____
Technique used	_____
Duration	_____
How I felt before	_____
How I felt after	_____

4. CBT Thought Record

Question	Response
Situation	_____
Automatic thought	_____
Emotion felt (1-10)	_____
Evidence supporting thought	_____
Evidence against thought	_____
Alternative balanced thought	_____

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5. Distress Tolerance Worksheet

Question	Response
Triggering event	_____
Emotion	_____
Coping strategy used	_____
Effectiveness (1-10)	_____
Alternative strategy to try next time	_____

6. Crisis Plan Worksheet

Question	Response
Warning signs	_____
Coping strategies	_____
People I can reach out to	_____
Emergency contacts	_____
Safe space	_____

7. Core Beliefs Worksheet

Question	Response
Negative core belief	_____
Evidence supporting it	_____
Evidence against it	_____
New adaptive belief	_____

8. DEAR MAN Worksheet

Step	Response
Describe the situation	_____
Express your feelings	_____
Assert what you want	_____
Reinforce why it's important	_____
Stay Mindful	_____
Appear confident	_____
Negotiate if needed	_____

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9. Emotion Regulation Tracking

Question	Response
Date	_____
Situation	_____
Emotion felt	_____
Regulation strategy used	_____
Effectiveness (1-10)	_____

10. Problem-Solving Worksheet

Question	Response
Problem	_____
Possible solutions	_____
Pros & cons of each	_____
Chosen solution	_____
Outcome	_____

11. Self-Reflection Worksheet

Question	Response
Biggest improvements	_____
Current struggles	_____
Goals for the future	_____
Support needed	_____