Initials/Name: _____   Therapist: _____   **DBT CENTER**
                                                                                                       OF LAWRENCE

Radically Open DBT lesson this week: _____

Date	Suicidal Ideation (0-5)	Self-harm Urge Intensity (0-5)	Self-Harm Action/Suicide Attempt Y/N	Meds as Prescribed Y/N	Other Drugs/ Alcohol (Specify)	Sleep (Hours)	
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Overcontrol Treatment Themes and Targets
O= Observed urge/behavior, S=Used skillls to target urge/behavior

O   S

Emotion Inhibition
- ☐ ☐ Inhibiting or masking expression
- ☐ ☐ Smiling when distressed
- ☐ ☐ Needing to feel or appear like I have control
- ☐ ☐ Never letting people see me distressed
- ☐ ☐ _____

Behavioral Avoidance
- ☐ ☐ Avoiding new things
- ☐ ☐ Avoiding ambiguous things
- ☐ ☐ Avoiding self-reflection
- ☐ ☐ Avoiding taking risks
- ☐ ☐ Being overly guarded or cautious
- ☐ ☐ _____

Rigid Behavior
- ☐ ☐ Needing to be correct
- ☐ ☐ Needing structure
- ☐ ☐ Rigidity in rules
- ☐ ☐ Perfectionism
- ☐ ☐ Obsessive planning
- ☐ ☐ _____

Aloof and Distant Relationships
- ☐ ☐ Quickly abandoning relationships
- ☐ ☐ Deficits in self-disclosure and validation of others
- ☐ ☐ Taking secret pride in self-control
- ☐ ☐ Taking secret pride in not being like others
- ☐ ☐ Believing no one can understand me
- ☐ ☐ _____

Envy and Bitterness
- ☐ ☐ Holding onto grudges or having desires for revenge
- ☐ ☐ Making frequent social comparisons
- ☐ ☐ Feeling underappreciated
- ☐ ☐ Feeling resentful, cynical, resigned, or pessimistic
- ☐ ☐ Feeling like a martyr
- ☐ ☐ _____

Comments about skills, observed RO targets, and social signaling this week:

Valued goals I lived by this week:

Self-enquiry question(s) I observed this week:

RO-DBT Skills Practice
DEFinitely (radical openness):
Pros and Cons (new experiences):
Big Three + 1 (social safety):
Loving Kindness Meditation (social safety):
VARIE (novel behaviors):
SAGE (self-consciousness):
DEEP (social signaling):
Flexible Mind:
Being Kind to Fixed Mind:
Going Opposite to Fixed Mind:
Learning from Fatalistic Mind:
Going Opposite to Fatalistic Mind:
Mindfulness "what" skills
Observe (openly, urge surfing):
Describe (with integrity, awareness continuum):
Participate (without planning):
Mindfulness "how" skills
Self-Enquiry (learning with curiosity):
Awareness of harsh judgments:
One-mindful awareness:
Effectiveness and humility:
Recognizing indirect communication (pushback/don't hurt me):
REVEAL (responding with interpersonal integrity):
ROCK ON (interpersonal kindness):
PROVE (requests, assertiveness with openness):
Validation (signaling social inclusion and understanding):
ALLOW (difficult relationships):
MATCH + 1 (building relationships):
Evaluating feedback:
ADOPTS (receptivity to feedback):
DARES (envy):
LIGHT (bitterness):
HEART (forgiveness):