

PART 1: BUILDING MASTERY

| | |
|--|--|
| 1. Basic building mastery activity I chose: | |
| 2. How do you feel after completing the activity? Did your sense of accomplishment increase? | |
| 1. More advanced building mastery activity I chose: | |
| 2. How do you feel after completing the activity? Did your sense of accomplishment increase? | |

PART 2: COPING AHEAD

| | |
|--|--|
| 1. Imagine and describe a situation: | |
| 2. What DBT emotion regulation skill do you want to apply? | |
| 3. Rehearse it in your head: | |

