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Recognizing Your Self-Destructive Behaviors Worksheet

Self-destructive behaviors can include cutting/self-mutilation, manipulating others, overeating, undereating, and consuming drugs and alcohol. This worksheet asks you to observe your self-destructive behaviors and then to identify what the emotional rewards were for your behavior and why those rewards were only temporary.

Question	Your Responses
When did the situation happen?	
What happened? (Describe the event.)	
Why do you think that situation happened? (Identify the causes.)	
How did that situation make you feel, both emotionally and physically? (Try to identify both the primary emotions and the secondary emotions.)	

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<p>What did you want to do as a result of how you felt?</p> <p>(What were your urges?)</p>	
<p>What did you do and say?</p> <p>(What self-destructive behaviors did you engage in as a result of how you felt?)</p>	
<p>What was the emotional reward for your self-destructive behavior?</p> <p>(Identify how the emotional reward was temporary.)</p>	
<p>Reflect on the situation.</p>	

Book: The Dialectical Behavior Therapy Skills Workbook (Second Edition) By: Mathew McKay PHD, Jeffrey C. Wood, PsyD, and Jeffrey Brantley, MD

Worksheet By: Janay Bailey, LMHC