

# DBT PLEASE Skill

The PLEASE skill in dialectal behavior therapy (DBT) is a simple acronym that helps you remember the basics of mental and physical well-being. **By taking care of your body and mind, you create a more stable foundation for managing the low mood, fatigue, and negative thoughts that often accompany depression.** This worksheet will guide you in applying the PLEASE skill to help stabilize your mood and improve your energy, making it easier to cope with challenging emotions and work toward feeling better.



**PL**

## Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.



**E**

## Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.



**A**

## Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.



**S**

## Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.



**E**

## Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.



# DBT PLEASE Skill

**PHYSICAL ILLNESS: Take care of your physical health.**

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

|   | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
| Scheduled and attended doctors appointments |   |   |   |   |   |   |   |
| Took medications                            |   |   |   |   |   |   |   |
| Took a shower and washed face               |   |   |   |   |   |   |   |
| Brushed my teeth                            |   |   |   |   |   |   |   |
| Moved my body                               |   |   |   |   |   |   |   |
| Ate nutritious food                         |   |   |   |   |   |   |   |
| Went outside                                |   |   |   |   |   |   |   |
| Drank enough water                          |   |   |   |   |   |   |   |
| Limited time on social media                |   |   |   |   |   |   |   |
| Cleaned the house                           |   |   |   |   |   |   |   |
| Spoke to another person                     |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |

What challenges did you face when taking care of your physical health and how can you overcome them?

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# DBT PLEASE Skill

## BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

| Food Consumed        | How I Felt After Eating it |
|----------------------|----------------------------|
| 1.<br>.....<br>..... | .....<br>.....<br>.....    |
| 2.<br>.....<br>..... | .....<br>.....<br>.....    |
| 3.<br>.....<br>..... | .....<br>.....<br>.....    |
| 4.<br>.....<br>..... | .....<br>.....<br>.....    |
| 5.<br>.....<br>..... | .....<br>.....<br>.....    |
| 6.<br>.....<br>..... | .....<br>.....<br>.....    |
| 7.<br>.....<br>..... | .....<br>.....<br>.....    |
| 8.<br>.....<br>..... | .....<br>.....<br>.....    |
| 9.<br>.....<br>..... | .....<br>.....<br>.....    |

Which foods made you feel the best & what foods do you want to avoid going forward?

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# DBT PLEASE Skill

**AVOID MOOD  
ALTERING  
SUBSTANCES:**

**Evaluate your use of substances that may affect your mood.**

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

**What mood altering substances do you use?**

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**What are your personal reasons for avoiding mood altering substances?**

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**What steps can you take to reduce or eliminate these substances?**

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**What challenges might you face and how can you overcome them?**

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# DBT PLEASE Skill

**BALANCED SLEEP:** Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

**INSTRUCTIONS:** (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

| Date | Type of Day | P.M. |   |   |   |   |   |   |   |   |   |    | A.M. |    |   |   |   |   |   |   |   |   |   |    |    |
|------|-------------|------|---|---|---|---|---|---|---|---|---|----|------|----|---|---|---|---|---|---|---|---|---|----|----|
|      |             | 12   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11   | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 7/12 | Work        |      | C |   |   |   |   | E |   | A |   | M  | B    | Z  | Z | Z | Z |   | Z | Z | Z |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |

| Date | Type of Day | P.M. |   |   |   |   |   |   |   |   |   |    | A.M. |    |   |   |   |   |   |   |   |   |   |    |    |
|------|-------------|------|---|---|---|---|---|---|---|---|---|----|------|----|---|---|---|---|---|---|---|---|---|----|----|
|      |             | 12   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11   | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |
|      |             |      |   |   |   |   |   |   |   |   |   |    |      |    |   |   |   |   |   |   |   |   |   |    |    |



# DBT PLEASE Skill

**EXERCISE DAILY: Exercise is a great way to balance your mood.**

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

| DATE & TIME | TYPE OF EXERCISE | DURATION | INTENSITY |
|-------------|------------------|----------|-----------|
|             |                  |          |           |
|             |                  |          |           |
|             |                  |          |           |
|             |                  |          |           |
|             |                  |          |           |
|             |                  |          |           |
|             |                  |          |           |

**Which workouts did you enjoy the most & want to do more?**

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**What challenges did you face and how can you overcome them?**

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



300+  
Companies Reviewed



2,350+  
Hours of Firsthand Experience



1,150+  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

