

Living with Borderline Personality Disorder can feel overwhelming, especially when intense emotions and triggers arise. This collection of worksheets is designed to offer tools and strategies that help you navigate the unique challenges of BPD. **By focusing on emotional awareness, managing triggers, and nervous system regulation, these worksheets provide actionable steps to promote stability and emotional well-being.** Through consistent practice, these exercises can help you gain greater control over your emotions, reduce distress, and foster healthier relationships with yourself and others.

Here is a brief introduction to each worksheet included in this package:

Pages 1-3: Identifying Your Emotions

Managing emotions can be particularly challenging for those with BPD. This worksheet helps you identify and label your emotions, providing a clearer understanding of your emotional experiences. By developing this awareness, you can create space to respond thoughtfully, rather than reacting impulsively, to your feelings.

Pages 4-6: Identifying Your BPD Triggers

BPD often involves heightened sensitivity to certain triggers that can lead to emotional distress. This worksheet guides you in identifying the specific situations, words, or behaviors that trigger intense emotional reactions. By recognizing your triggers, you'll be better equipped to manage your responses and reduce emotional intensity.

Pages 7-12: PLEASE Skill

Maintaining physical well-being plays a crucial role in emotional regulation. The PLEASE Skill (an acronym from Dialectical Behavior Therapy) focuses on reducing emotional vulnerability by addressing your physical health, managing eating habits, avoiding mood-altering substances, ensuring proper sleep, and getting regular exercise. This worksheet helps you develop healthy habits that can improve your emotional stability.

Pages 13-17: Nervous System Regulation

When your nervous system is overwhelmed, it can be difficult to manage the intense emotional swings that come with BPD. This worksheet introduces techniques for regulating your nervous system, helping you calm down in moments of distress and regain a sense of control. By practicing these methods regularly, you'll strengthen your ability to self-soothe and reduce emotional reactivity.



Identifying Your Emotions

This worksheet is designed to help you identify and express your emotions more effectively. **By recognizing and labeling your feelings, you can gain a better understanding of your emotional state and develop healthier ways to cope with and express your emotions.** Use this worksheet regularly to track your feelings and reflect on your emotional experiences.

PART 1: Identify Your Emotions

Circle the emotions that you are experiencing right now or that you have experienced recently.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Angry	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Gloomy
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Lazy
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic



Identifying Your Emotions

PART 2: Track Your Emotions

Use the table to track your emotions throughout the week. Write down all the emotions you experienced.

WEEK	Morning	Afternoon	Evening
M	<i>Ex: happy, loved, warm</i>	<i>Ex: calm, satisfied</i>	<i>Ex: disappointed, lonely, pessimistic</i>
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			



PART 3: Reflect on Your Emotions

Answer the following questions to reflect on your emotional experiences.

Which emotions do you experience most often and why?

How do your emotions affect your behavior and interactions with others?

What can you do to better manage your emotions in the future?



Identifying Your BPD Triggers

Borderline personality disorder (BPD) affects emotional regulation, often causing strong reactions to triggers. A BPD trigger is any situation, event, or thought that initiates worsening symptoms. These triggers can be external, such as specific places or social situations, or internal, such as particular thoughts or memories. While many triggers are unavoidable, focusing on what can be controlled is key to coping.

Identifying your BPD triggers involves paying close attention to the situations that make it more difficult for you to manage your emotions. **By becoming aware of your triggers, you can anticipate and prepare for them, reducing their impact on your life.** This worksheet will guide you through the process of identifying and analyzing your BPD triggers, and help you develop strategies to cope with them.

PART 1: Identify Triggers

List a situation where you commonly lose your ability to manage your emotions and describe the associated physical symptoms, thoughts, and emotions.

Situation Description

Location

People Involved

Before

After

1 What were you feeling physically?

1 What were you feeling physically?

2 What were you thinking about?

2 What thoughts did you have?

3 How did you feel emotionally?

3 How did you feel emotionally?



Identifying Your BPD Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	



Identifying Your BPD Triggers

PART 2: Identify Patterns

Look for patterns in your BPD triggers.

Are there common themes or situations where you feel triggered?

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Are there particular physical symptoms that you notice repeatedly?

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Are there specific thoughts or beliefs that frequently occur with your symptoms?

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.....
.....

PART 3: Develop Coping Strategies

Identify coping strategies that can help you manage your emotions in these situations.

To learn more about treatment and coping skills you can use, scan the QR code below.

Situation Description

Coping Strategies

Situation Description

Coping Strategies

Situation Description

Coping Strategies



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. This worksheet will guide you through applying the PLEASE skill to manage intense emotions that get in the way of feeling good.

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.
2.
3.
4.
5.
6.
7.
8.
9.

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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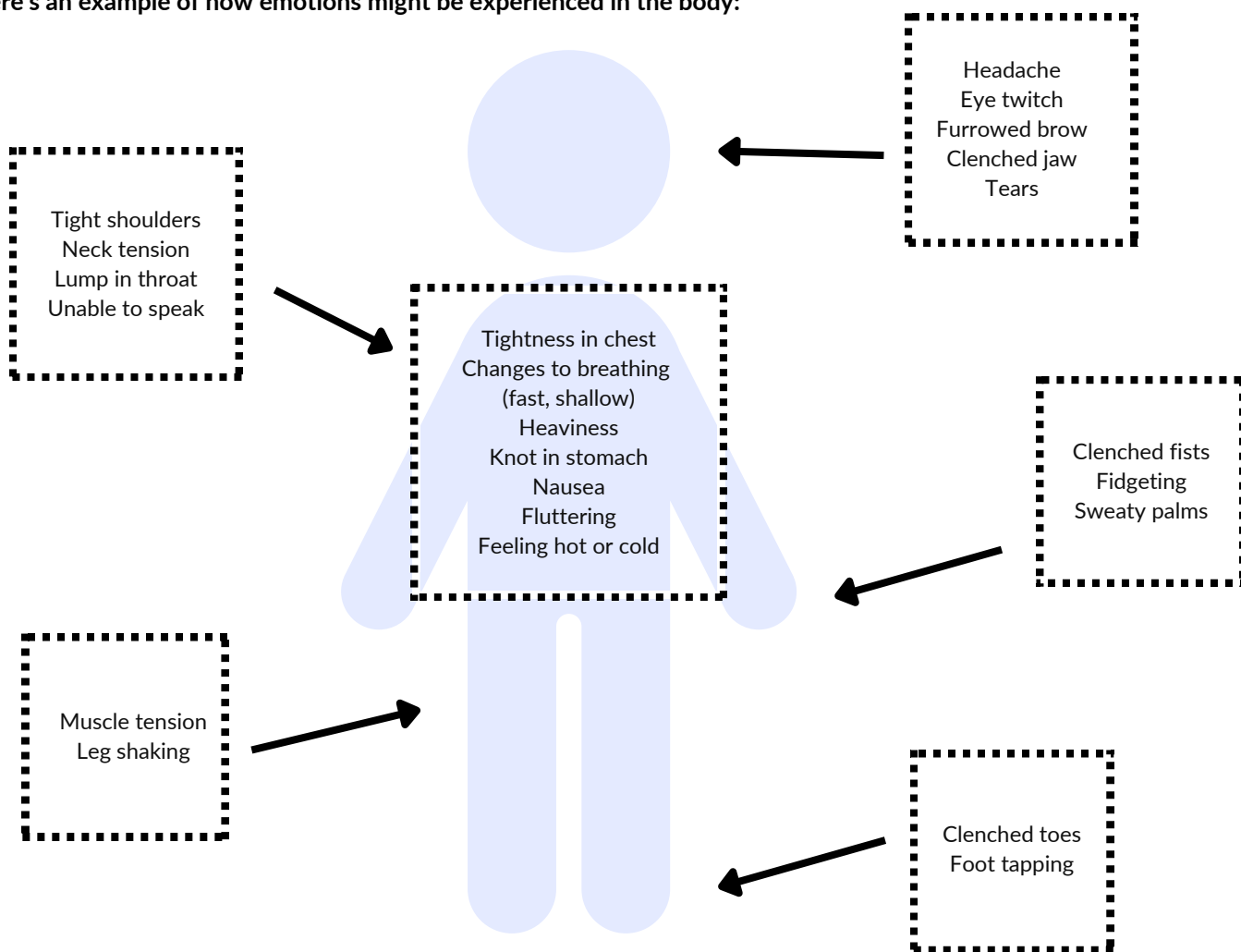
Nervous System Regulation

Nervous system dysregulation occurs when your body becomes overwhelmed by chronic stress, trauma, or emotional strain, causing it to get “stuck” in the extremes of high anxiety or a low-energy, shut-down state. This can look like racing thoughts, difficulty sleeping, feeling jumpy, or even physical symptoms like a racing heart or tense muscles. On the other hand, dysregulation can also manifest as exhaustion, numbness, or a sense of disconnection from yourself or others. These signs show that your nervous system isn't balancing well between states of alertness and rest.

Regulating your nervous system means finding ways to help your body feel calm, safe, and grounded, even in the face of stress. It's about using techniques that help you shift out of states of high alert or shutdown and move toward a place where you feel more stable and centered. By learning to regulate your nervous system, you can improve your ability to cope with life's challenges, experience more emotional balance, and feel more connected to yourself and others.

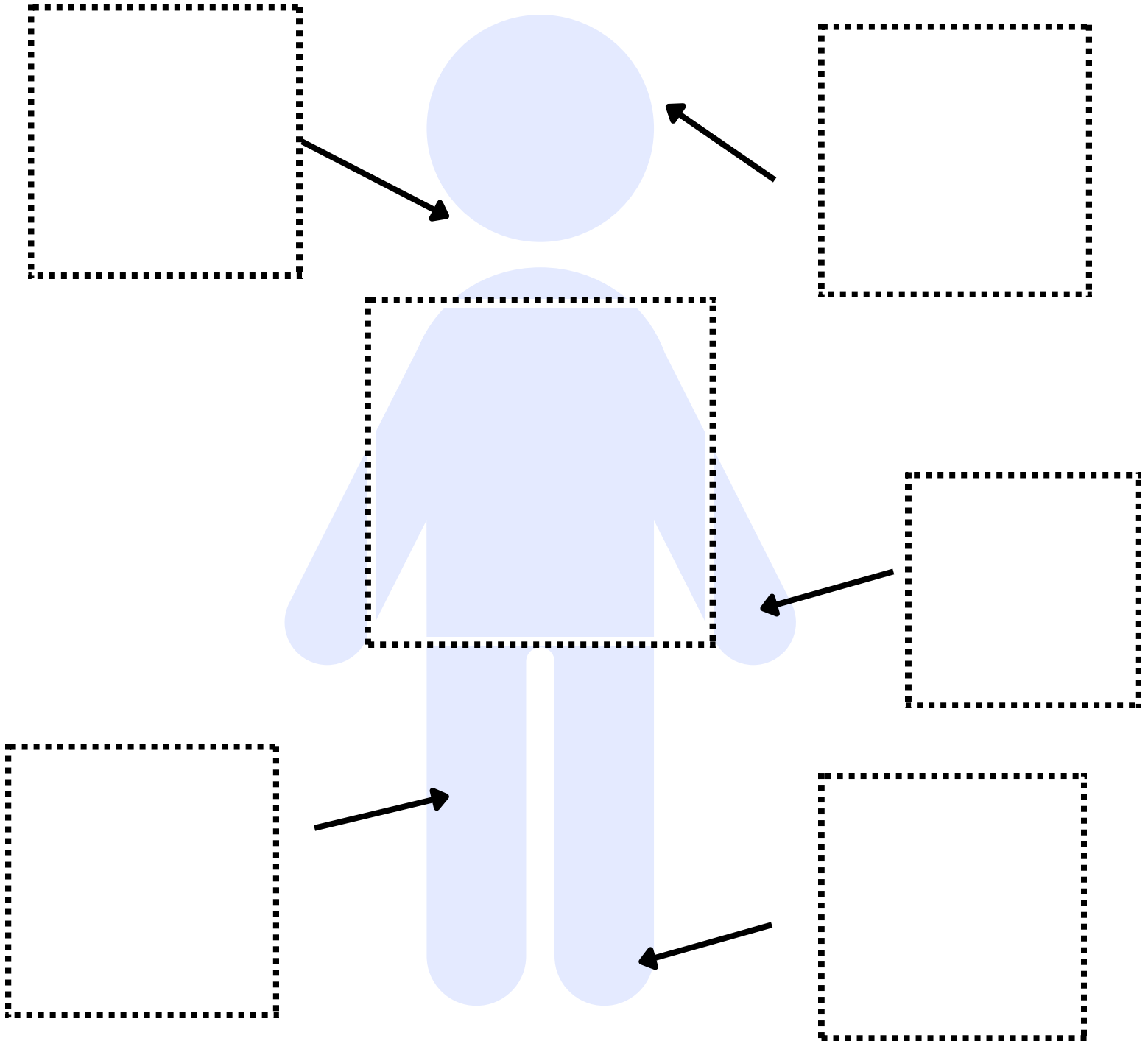
This worksheet will guide you in recognizing how your emotions show up as physical sensations, like tension, fluttering, or heaviness. Understanding these sensations is the first step in managing stress and emotions more effectively. You'll learn to tune into your body's signals and practice techniques to help calm or soothe these responses, giving you tools to handle stress and emotional challenges in a healthier way.

Here's an example of how emotions might be experienced in the body:



PART 1: Scan Your Body for Sensations

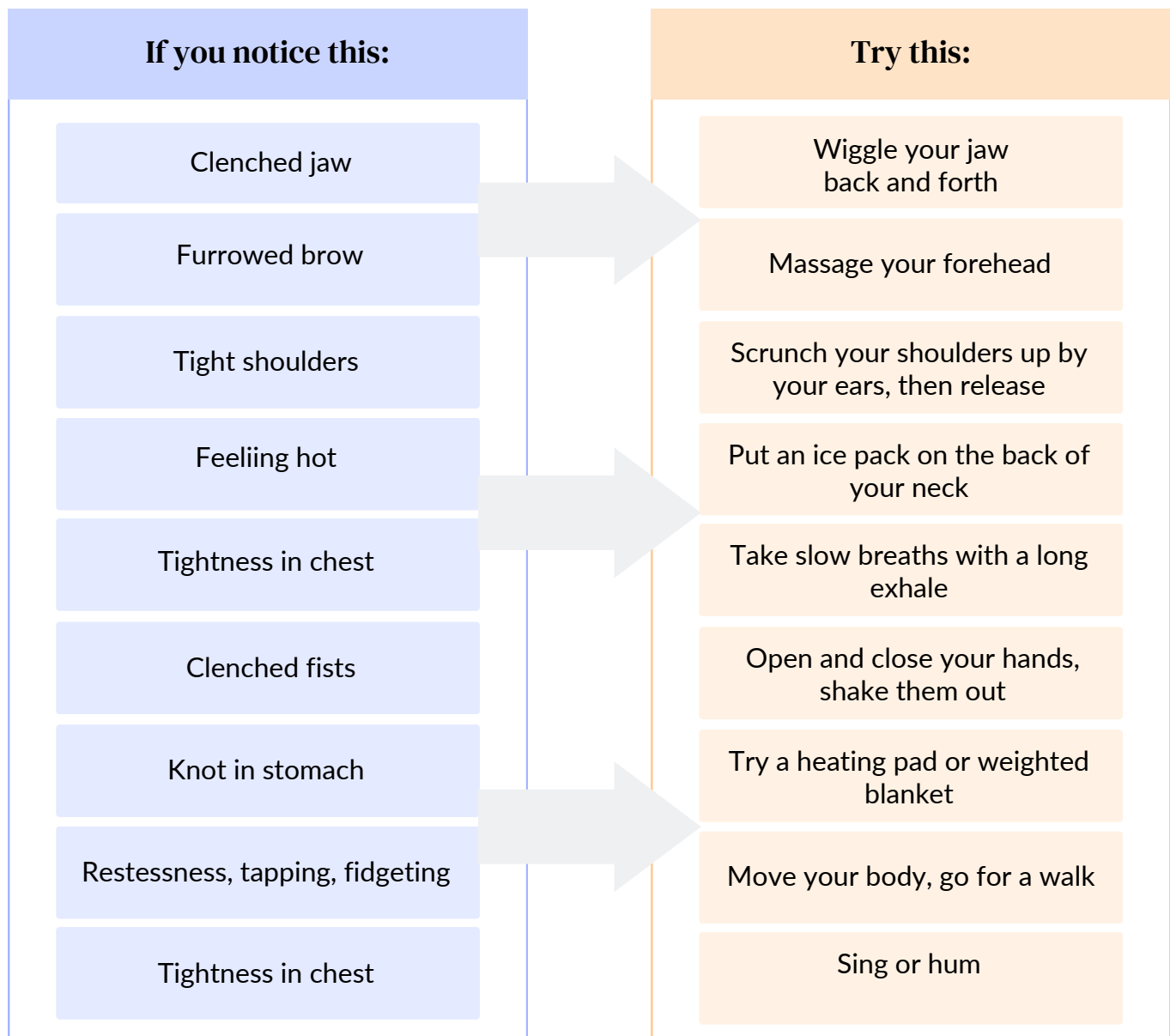
Starting with your feet and working your way up, notice any physical sensations. These can be positive, neutral, or uncomfortable. There is no wrong answer. Just notice what you notice and write it down. Here's an example of how emotions might be experienced in the body.



One way to regulate your nervous system is by addressing the physical sensations that come up when you are feeling strong emotions. This could include changing your temperature, relaxing a muscle, or doing something that feels soothing.

PART 2: Regulating the Nervous System

Now, what to do about it? When you're feeling a difficult emotion, first notice what it feels like in your body then try one of these techniques. Notice how you feel afterward.



Nervous System Regulation

Daily self-care for the nervous system is important for being able to cope with physical and emotional responses to difficult situations. This means engaging in activities that help you feel centered, grounded, present and calm on a daily basis. Stress, illness and even the pressures of everyday life can dysregulate the nervous system, and these activities can help you move through your emotions in a healthy way.

PART 3: Daily Nervous System Self-Care

Nurture your nervous system! Use this worksheet to help you rate how often you do these practices, then add this list to your daily self-care routine.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3

★ Nervous System Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Practice breathing including taking slow breaths with a long exhale
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Move your body, stretch or go for a walk
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do 5 minutes of mindfulness meditation, simply noticing your senses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tense and relax each muscle group in your body starting with the toes and working up
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take a break from screens and any over-stimulating media
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Listen to soothing music or sounds
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take a warm bath or shower
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Do aromatherapy with essential oils or a favorite candle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spend time outdoors in nature
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink a cup of comforting tea or another soothing ritual before bed



Nervous System Regulation

Journaling can be a powerful tool for building new habits that support nervous system regulation. Journaling also allows you to explore which techniques or coping tools are most effective, so you can refine your routine. It can also help you determine which tools are the most helpful for you so you can make this a regular part of your daily routine.

PART 4: Daily Reflection

Reflect on how you feel each day as you practice these techniques. Track the techniques you are using, how effective they were, and any patterns of changes you have noticed.

Which techniques did you use today?

Which technique was the most effective?

Rate your nervous system regulation today (1-10)

PART 4: Weekly Progress

Reflect on the week and note any patterns or significant changes.

Which techniques worked well this week?

Which techniques did not work and need to be adjusted?

