Accumulate Positives Worksheet

DBT emotion regulation: build more positive experiences, today and over the long term.

Name _____ Date _____

Short term. Do one pleasant activity a day, and give it your full attention while you do it.

Day	Pleasant activity	Minutes	Mood before (0–10)	Mood after (0–10)	Was I mindful?
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Long term. Pick what matters to you, set a goal you can reach in 1–3 months, and take one small step a week.

Value	Goal	Next step	Target date

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

Log Accumulate Positive Experiences on your DBT Pal diary card, next to your daily emotion ratings. Free for iPhone and Android: dbtpal.app/get?c=pdf-accumulate-positives