Build Mastery Worksheet

DBT emotion regulation: one slightly challenging activity a day, so competence becomes something you can see.

Name _____ Date _____

Pick activities that are a little hard but doable. Aim for a difficulty of 2–3 most days. Do each one with full attention, then stop and notice: "I did that." Rate the mastery feeling the same day.

Day	Planned activity	Difficulty (1–5)	Done?	Mastery feeling (0–10)	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Which activities felt most like mastery this week?

Next week's activities

Start small on hard days. A shower and one load of laundry counts.

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 Build Mastery on your DBT Pal diary card on the days you do it, next to your 0–5 emotion ratings. Free for iPhone and Android: dbtpal.app/get?c=pdf-build-mastery