Cope Ahead Worksheet

DBT emotion regulation: rehearse a hard situation before it happens. Fill this in 1–3 days ahead and read it through twice.

Name _____ Date _____

1. The situation

When, where and who. Be specific.

2. Emotions I expect, and how strong (0–10)

Anxiety, anger, shame, sadness?

3. Likely urges

Leave early, drink, snap at someone, shut down?

4. Skills I'll use

Two or three specific skills, and exactly how I'll use each one.

5. My coping script

Present tense, as if it's happening now: "I notice my heart rate rising. I excuse myself and do paced breathing."

6. Backup plan and exit

If it goes differently, I'll use… I'll leave if…

7. Rehearsal

Close your eyes and walk through the script. Dates and times rehearsed:

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 Cope Ahead on your DBT Pal diary card each time you rehearse a plan. Free for iPhone and Android: dbtpal.app/get?c=pdf-cope-ahead