Pros and Cons Worksheet

DBT distress tolerance: look at both sides of acting on a crisis urge, before the crisis.

Name _____ Date _____

Fill this in when you're calm, then keep it where you can read it when the urge comes. Be honest in all four boxes, including what's tempting about the urge. Star the entries that matter most to you.

The crisis urge

Be specific: "drink when I'm upset", not "do something unhealthy".

	Pros	Cons
Acting on the urge		
Resisting the urge		

What I most want to remember when the urge hits

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 each time you use Pros and Cons on your DBT Pal diary card. Free for iPhone and Android: dbtpal.app/get?c=pdf-pros-and-cons