LOTUS & TULIP · FREE PRINTABLE FOR THERAPISTS AND SCHOOL COUNSELORS

Free DBT Worksheets *for Teens*

Starter pack, ages about 13 to 18

Finding my wise mind, ride the emotion wave,
check the facts, a distress tolerance toolkit,
a weekly diary card and a safety and care page.

6 real pages from DBT Worksheets for Teens · client use license · US Letter

All 18 worksheets: **etsy.com/listing/4606569463**

How to use this starter pack

Notes for the therapist or school counselor

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. Finding my wise mind
4. Ride the emotion wave
5. Check the facts
6. Distress tolerance toolkit
7. Weekly diary card
8. Safety and care

One way to use it

Start with finding my wise mind so the teen has a shared word for the middle ground between feeling mind and thinking mind. Ride the emotion wave helps them name a feeling exactly and see that it rises and falls. Check the facts asks whether the feeling fits what really happened. The distress tolerance toolkit is for moments that cannot be fixed yet, and the weekly diary card brings a week of practice back to session.

Client use license

You may print and share these pages, on paper or as PDF, with the teens and groups you work with, in your practice, school counseling office or telehealth portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Good to know

These worksheets are educational tools for therapists, school counselors and other qualified professionals. They do not diagnose or treat any condition on their own and are not a substitute for professional care. Fill in the safety and care page together with the teen. It lists the US 988 Suicide and Crisis Lifeline and 911.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

The full DBT Worksheets for Teens: 18 worksheets, 20 pages

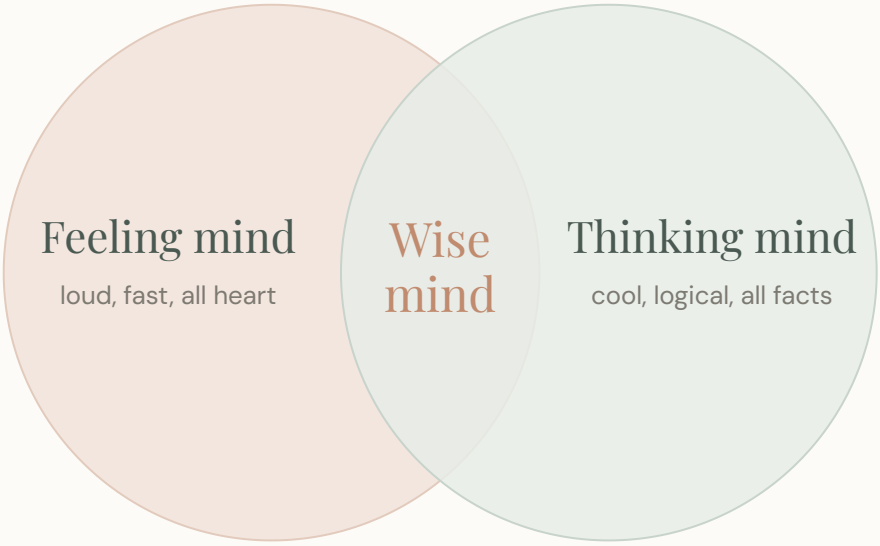
Worksheet	In this pack	Worksheet	In this pack
The four skill areas	Full set	Pros and cons	Full set
Finding my wise mind	Yes	Making an ask	Full set
Mindfulness check in	Full set	Friendships and self respect	Full set
Ride the emotion wave	Yes	Validation practice	Full set
Check the facts	Yes	School and social media triggers	Full set
Opposite action	Full set	Weekly diary card	Yes
Body reset	Full set	Skills practice log	Full set
Distress tolerance toolkit	Yes	Session prep sheet	Full set
Self soothe senses menu	Full set	Safety and care	Yes

Full DBT set for teens, EUR 12: etsy.com/listing/4606569463 · **CBT and DBT bundle for teens**, 40 pages, EUR 19: etsy.com/listing/4606653834

Finding my wise mind

Where your feelings and your thinking meet in the middle

Feeling mind cares about how things feel right now. Thinking mind cares about facts and plans. Wise mind listens to both and picks what fits your goals. It often feels quiet, steady and sure.



A time I acted from feeling mind (what happened)

A time I acted from thinking mind (what happened)

What wise mind might have said in one of those moments

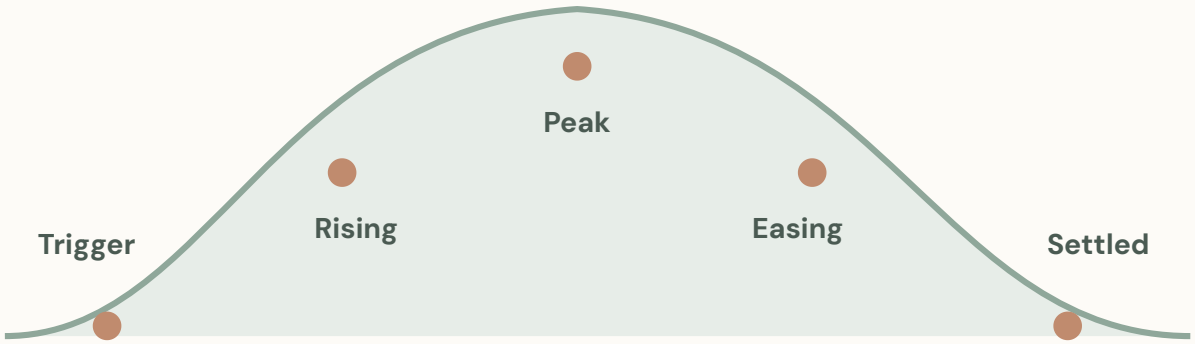
Ways to check in with wise mind

- [ ] Take three slow breaths, then ask: what fits here?
- [ ] Ask: what will I be glad I did tomorrow?
- [ ] Sleep on it if it can wait
- [ ] Imagine giving advice to a younger kid
- [ ] Put a hand on my chest and wait for a calm answer
- [ ] My own way: _____

Ride the emotion wave

Name it to tame it: feelings rise, peak and pass

Every feeling is a wave. If you do not feed it or fight it, it peaks and starts to fall, often within minutes. Putting an exact name on it helps the wave lose some power.



Find the exact word

mad · annoyed · jealous · embarrassed · hurt · left out · nervous · scared · overwhelmed · sad · lonely · guilty · ashamed · bored · calm · proud · excited · relieved · grateful · hopeful

The trigger (what happened right before)

The exact name for my feeling, and how strong (0 to 10)

Where I felt it in my body

The urge it gave me (what I wanted to do)

What I did while it passed

How long until it eased, and what helped

Check the facts

Make sure the feeling matches what really happened

The feeling

How strong (0 to 10)

1. What set off the feeling?

Describe it like a security camera would.

2. What am I telling myself about it?

My guess about what it means.

3. Is there another way to read it?

List at least two other explanations.

4. Am I expecting the worst?

How likely is it, really? What would I do if it did happen?

5. Does my feeling fit the facts?

Yes, partly or no. Does the size fit too?

6. What would wise mind do next?

How strong is the feeling now? (0 to 10) _____

Distress tolerance toolkit

Ways to get through a hard moment without making it worse

These skills do not fix the problem. They help you survive the moment so you can solve it later, with a clearer head.

Tool	What it means	Ideas	My ideas
Distract	Shift attention until the wave passes	games, a show, a puzzle, cleaning, homework, counting colors	
Help someone	Do something kind for another person	text a friend, help a sibling, hold a door	
Compare kindly	Remember a hard time I already got through	I have survived every bad day so far	
Switch the feeling	Make a different feeling on purpose	funny videos, upbeat music, a comfort movie	
Push it away for now	Put it on a shelf until a better time	write it down and fold the paper	
Thoughts elsewhere	Keep the mind busy	name every state, sing lyrics, count backward by 7	

My top three tools when things get hard

Things that make it worse that I will skip (and what I will do instead)

Weekly diary card

One quick check in a day. Bring it to your next session.

Fill in once a day, ideally at the same time. Your therapist or counselor can help you choose which two urges to track and write them in. 0 means not at all, 5 means very strong.

Day	Feelings (0 to 5)				Urges (0 to 5)		Skills I used (tick)				Sleep hours	Notes
	Sad	Mad	Worried	Happy	Urge 1	Urge 2	Present	Feelings	Hard moments	People		
Mon												
Tue												
Wed												
Thu												
Fri												
Sat												
Sun												

Best moment this week

Hardest moment this week

A skill that helped, and when

Safety and care

Fill in with your therapist or counselor and keep it close

Signs I am starting to struggle

Skills and things I can do on my own to feel safer

Trusted adults and friends I can reach (name and number)

At school, I can go to (person and place)

My therapist or counselor contact

In the United States, if you are in crisis or thinking about suicide: call or text **988** (988 Suicide and Crisis Lifeline), or chat at 988lifeline.org. It is free, confidential and open 24/7. In an emergency, call **911**. Outside the US, contact your local emergency number.

This set is an educational tool for use by qualified professionals. It is not a substitute for treatment, diagnosis or professional care.

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Liked this free printable?

The complete, ready to print version is here:

DBT Worksheets for Teens, all 18 worksheets

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4606569463 | instant digital download

See every page first: lotustulip.com/dbt-worksheets-for-teens.html

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