

Could DBT Treatment Be Healing for Me?

Highlight the statements that describe your emotions/behaviors.

Do you get overwhelmed by emotions frequently?

Do you have mood swings or overreactions?

Have you struggled to control your impulses?

Do you have unstable relationships in life?

Are you unable to set clear boundaries?

Is it difficult to cope with stress or a crisis?

Do you engage in impulsive/unsafe behaviors sometimes?

Are you open to learning how to stay present in the moment?

Do you hope to learn how to manage your emotions and behaviors?

Do you have the time and energy to commit to doing DBT 'homework'?

This assessment is not a diagnostic tool but a self-assessment for informational purposes only. Always seek help from a licensed therapist.

SCORING:

You may have moderate to severe behavioral issues if you have five or more highlighted statements. Call Ingrained Recovery to learn more about how we can help.



INGRAINED
RECOVERY

ingrainedrecovery.com