

DBT – Feeling Overwhelmed

Common Interventions

- Applying distress tolerance skills
- Using emotion regulation logs
- Practicing mindfulness breathing
- Enhancing interpersonal effectiveness

Homework Assignments

- Use the 'TIPP' skill during a moment of distress and log the result.
- Practice the 'DEAR MAN' communication style in a real interaction and write a reflection.
- Complete a daily emotion regulation worksheet.
- Track urges and apply opposite action techniques.

Plan Statement for DAP Notes

Client will apply DBT emotion regulation skills and document outcomes for review in the next session.