



DBT: Is it for you?

High Emotional Arousal	Yes	No
I feel tense, stressed, or on edge even when there is nothing immediately confronting me in the moment.		
I can't seem to relax as much as I would like to, even when I try.		
My hands shake or I'm anticipating failure a good deal of the time.		
I jump when a loud noise comes, even though I later find it wasn't anything dangerous.		
It takes me a lot longer than other people to relax.		
I'm always prepared or expecting something bad to happen to me.		
I feel vulnerable or think many things can hurt me even though no one in particular is trying to hurt me.		
My emotions always seem to be "on" or prepared to be "on" even though I try to be calm and relaxed.		
I feel depressed.		
My feelings are intense, but I just can't get moving.		
Sometimes I wish I would die.		
High Emotional Sensitivity		
It doesn't take much to get me going (I react emotionally to even minor events).		
Many times, "emotional" commercials make me cry.		
I wear my feelings on my sleeve in that, when I feel something, I express it openly.		
Other people tell me I'm an emotional person.		
I believe I feel my emotions more intensely than others do.		
When someone else hurts, I frequently hurt with them.		
I seem to be keyed into what others are thinking and feeling.		

	<u>Yes</u>	<u>No</u>
Slow Reduction in Emotional Tension		
Once I feel an emotion, it's hard for me to stop feeling it.		
My strong emotions seem to last forever.		
I can't stop feeling anxious or depressed without great effort.		
Distrust of Emotions		
My feelings frequently don't tell me how I should best behave or what to do next.		
I can't trust my gut reactions like others seem to be able to do.		
I wish I could eliminate my feelings, since they seem to get in my way rather than help me most of the time.		
Emotional Escape		
When I feel tense, I do everything possible in order to feel differently as fast as possible.		
When someone hurts me, I immediately leave the room, usually no matter what the consequences or how it will look.		
When I begin to feel down or depressed, I can't stand it.		
I can't stand strong emotions, even if they are normal.		
Emotional Avoidance		
I stay away from people who make me uncomfortable, even though they are not mean to me.		
I avoid situations and people who have hurt me in the past, even when this is difficult to do.		
I do whatever I can to avoid being hurt, even though I may miss opportunities to get what I want in the future.		
People who know me well might call me a "friendly cat" because I won't take chances."		
I'm afraid of my strong feelings.		

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Sense of Urgency	<u>Yes</u>	<u>No</u>
I can't wait to solve my problems, even though I know it took a long time for the problem to develop.		
I would say I'm impulsive. I do things without a lot of thinking because I want quick results.		
People tell me I'm impatient because I want what I want <i>now</i> .		
I'm anxious because I feel that my problems are so bad, they should be changed immediately. They are so bad that I can't wait for my problems to be solved.		
I feel dread about the future. Something bad is going to happen if I'm not careful.		
I frequently do things without thinking them through.		
I feel pressure to make changes to my life.		

Scoring:

Number of yes answers

Is DBT for you?

- | | |
|-----------------|---|
| → Fewer than 10 | DBT is probably not for you. |
| → 11 to 15 | DBT has something to offer you. |
| → 16 to 24 | DBT definitely has something to offer you. |
| → More than 24 | DBT is what you have been looking for, for a long time. |