Exercising Your Rights to Your Needs and Feelings DBT Worksheet

Name: **Date:**

Physician's Name:

Instructions: Check the statements that best describe you.

- ☐ Others have told me my feelings are weird, wrong, or bad.
- ☐ When I have an emotional reaction, I have been told to "get over it" or "stop being so dramatic," or I am overreacting.
- ☐ I am afraid to ask for help from others because I am fearful I will be judged.
- ☐ I am afraid to ask for help from others because I am sure I will be rejected.
- ☐ I annoy other people when I share my needs and feelings.
- ☐ I am often ignored or disrespected when I express my needs and feelings.
- ☐ I am constantly misunderstood.
- ☐ I don't deserve to ask for or receive what I need.
- ☐ I would rather not get my needs met than "push back" or assert myself out of fear of being mistreated.
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

Instructions (Part 2):

Here are statements you can post on a mirror or carry with you as a reminder:

- I have a right to put myself first sometimes.
- I have a right to inconvenience or disappoint others sometimes.
- I have a right to need things from others.
- I have a right to express my emotions in ways that are not harmful to myself or others.
- I have a right to my beliefs and opinions.
- I have a right to experience things differently than others.
- I have a right to ask for help or support.
- I have a right to say "no" without being a selfish or bad person.
- I have a right to speak out against mistreatment from others.

Which of the statements above do you find most challenging to believe? Why?

Instructions (Part 3):

Identify the people in your life who can help remind you of those rights and can support you in receiving acknowledgment and validation.

- Name at least one trustworthy and nonjudgmental person. This person must be someone with whom you can share your experiences and emotions and receive validation and support.

Why did you select the person above?

How does this person make you feel about yourself?

- Name at least one trustworthy and nonjudgmental person who can help you practice saying “no” or disagreeing with others.

Why did you select the person above?

- Where can you meet other trustworthy, supportive people (e.g. work, church, volunteer group, etc.)?

Reflection

Has this exercise changed how you regard your own feelings, needs, and opinions? How?

Has this exercise improved your ability to express your feelings, needs, and opinions? How?

On a scale from 1 to 10, how helpful was this exercise? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful) _____

What did you learn from this exercise?

Source: Pipitone, E., & Doel, A. (2020). Exercising Your Rights to Your Needs and Feelings. In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 142-145)