

Repeat Technique for Effective Communication DBT Worksheet

Date: _____

Name: _____

Physician's Name: _____

Instructions:

Write down five examples of conflicts you have had where the Repeat Technique might have been appropriate.

Example 1:

Example 2:

Example 3:

Example 4:

Example 5:

In the next week or so, keep track and write down any situation when you used the Repeat Technique.

[illegible]

Reflections

Which parts of the Repeat Technique worked well for you?

What was the main obstacle you encountered while practicing this exercise?

If you struggled with a certain aspect of the Repeat Technique, is there someone you can talk with to review what went well and what didn't go well? Who is that person? How will you go about asking them?

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

What can you do differently to make progress in this area?

Reference: Pipitone, E., & Doel, A. (2020). Using the Repeat Technique to Make Communication More Effective. In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 191-194).