

# DBT Phone Coaching Worksheet

Use this to help you to organize your call for skills coaching, if needed.



What is the intensity of my emotions **right now** from (0-10)? \_\_\_\_\_

What is the specific problem I need skills for?

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What skills have I already tried?

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Where did I have trouble with them?

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What is my most important immediate goal right now?

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This is my \_\_\_\_\_ call so far this week.