

# Biosocial Theory: A Self Survey Checklist

(see General Handout 5, *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan)

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## Do you have emotional reactions (of anger, sadness, fear, shame, guilt)...

- That are immediate and occur at low thresholds or even for what seems like no reason?
- That you intensely experience?
- That are long-lasting?
- With particular situations, times, people?
- Do you experience times of unstable moods and emotional sensitivity that can interfere with how well you function in your life?
- Do you find it hard to refrain from impulsive behaviors?
- That your mood gets in the way of mobilizing your behaviors toward your deepest values/goals?

From what you know of their lives, how many of the above points could describe the personal, emotional experiences of your...

- Mother?
- Father?
- Spouse/partner/ex?
- Children?
- Other close family members?

## Were there periods of your life in your family, or with friends, or others who had regular contact with you when much of the time...

- Your emotions, what you did, or said was judged as wrong, invalid, weird, or bad?
- When your private thoughts or feelings were met with erratic, inappropriate, or extreme responses?
- When your thoughts and feelings were often punished or trivialized?
- When your painful emotions and their causes were ignored or disregarded?

## And from these experiences did you understandably, yet unfortunately learn to...

- Not recognize or understand the feelings you were experiencing?
- Invalidate your own thinking, assessing situations or solving problems?
- Not use skills to manage your levels of emotional arousal?
- Not effectively resolve the problems that were prompting emotional arousal?
- Have inaccurate expectations leading to unrealistic goals and poor tolerance of stress?
- Resort to extreme emotional behaviors to provoke helpful responses from others?
- Not trust your own emotional responses or your thinking as a child, teen, or into adulthood?