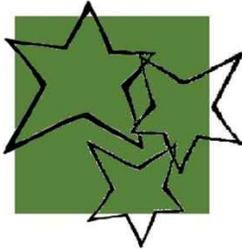


## VIP Mental Health and Life Coaching, PLLC

"Because ALL People are Very Important People"



### DBT SCREENING TOOL

*DBT is statistically proven to be most effective with certain persons, and not effective with other persons. Use this screening tool to help determine how appropriate DBT might be for you. Several "yeses" might indicate a "good match". Let us know if you have any questions.*

Are you currently, or do you have a history of self-harming behaviors?	YES	NO
Are you currently, or have you been suicidal?	YES	NO
Do you have difficulties with emotional management (anger, anxiety, shame, etc.)?	YES	NO
Do people frequently misinterpret you?	YES	NO
Have you been told that your thoughts are distorted or inaccurate?	YES	NO
Are you afraid people will leave (abandon) you?	YES	NO
Do you struggle to manage impulsive or compulsive behaviors?	YES	NO
Are you, or have you been in frequent crisis?	YES	NO
Have you tried other interventions, only to find they didn't actually "work" or fix the problem?	YES	NO
Have people disagreed or been confused about your diagnosis?	YES	NO
Do you feel capable and competent some of the time, but then you have to act or pretend in other situations, because you don't know how to handle other situations?	YES	NO
Do people call you "manipulative", say you're "too emotional", think you're "paranoid", get angry when you act "needy" or notice that you're acting "unusual"?	YES	NO
Are your learning skills intact? DBT is an intensive class, taught in a classroom. If not, we may not be able to help you. We can test you to determine if you are able to participate in the class or if we need to make other arrangements.	YES	NO
Are you drug- and alcohol-free, and have you been sober at least for 6 months. We do not have any resources for working with drugs and alcohol. If the answer is "no", we cannot accept you now.	YES	NO