

✦ Build Mastery Worksheet ✦

A DBT Skill for Building Confidence, One Small Step at a Time

Choose something meaningful that is achievable and stretches you a little. Use this worksheet to plan small steps and notice what you learn. Repeat or adjust a step as needed.

✦ Your Build Mastery Plan

1 Start where you are

Given my present circumstances, what would I like to become more capable of doing?

2 Choose a meaningful goal

My goal is... Why does this matter to me? A larger project is optional.

3 Break it into manageable steps

What are three small steps I could practice? Choose a flexible pace.

4 Plan your first step

The step I will try next is... When might I try it? What support or adjustment would help?

5 Notice how you feel about yourself

Self-efficacy

Do I feel any more capable after trying this step? What did I learn about what I can do?

Self-esteem

Do I feel proud of my effort or more appreciative of myself? What deserves recognition?

Looking ahead

What feels a little more possible now?

You don't have to feel a boost every time. Learning, trying, and noticing your experience all count.

Your inherent worth does not depend on what you accomplish. ✦