

# ABC Please Handout

The ABC Please Handout is a tool used in dialectical behavior therapy (DBT) to help people manage emotions and behaviors. The handout teaches skills to improve emotional regulation based on the principles of DBT, developed by psychologist Marsha Linehan, and is designed to help individuals cope with distressing emotions more effectively.

| A                                                                                                                                         | B                                                                                                                                     | C                                                                                                                                                    |
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| <b><u>A</u>ccumulate positive emotions</b><br><i>Focus on doing activities that bring joy or satisfaction to build positive emotions.</i> | <b><u>B</u>uild mastery</b><br><i>Engage in tasks that you can succeed at, which boosts confidence and a sense of accomplishment.</i> | <b><u>C</u>ope ahead</b><br><i>Plan and prepare for challenging situations in advance to manage stress and emotional reactions more effectively.</i> |



| PL                                                                                      | E                                                                              | A                                                                                        | S                                                                       | E                                                                         |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Treat <u>p</u>hysical illness</b><br><i>Address health issues with medical care.</i> | <b>Balance <u>e</u>ating</b><br><i>Maintain a nutritious and regular diet.</i> | <b>Avoid mood-<u>a</u>ltering substances</b><br><i>Stay away from drugs and alcohol.</i> | <b>Balance <u>s</u>leep</b><br><i>Ensure consistent, restful sleep.</i> | <b>Get <u>e</u>xercise</b><br><i>Engage in regular physical activity.</i> |

## Additional notes