



## 5-Step ReVive 5 Diabetes Distress Worksheet

### Step 1: Recognize DD and its triggers

- a. What is your DD item?
  
  
  
  
  
  
  
  
  
  
- b. Identify and describe an event or circumstance that captures the DD item
  
  
  
  
  
  
  
  
  
  
- c. What did you feel/think?
  
  
  
  
  
  
  
  
  
  
- d. Actions taken: What did you do (actions/choices) and how did it turn out?

### Step 2: Tell your DD story

The story that I am telling myself about this DD situation:

I think that:

I believe (this means) that:

I feel:

### Step 3: Stand next to your DD story

If you can stand next to your story, you can begin to observe it more objectively and see it for what it is – just a story. Observing your story allows you to see that it may or may not be completely accurate or helpful. But stepping outside of the story and observing it can be really hard to do. Try this exercise with your story:

I see that (name the trigger/situation)...

\*I hear that you think that...

\*I understand that you believe (this means that) you...

I hear that you feel...

**Step 4: Develop a more accurate/helpful explanation of the facts & create a dialogue**

Create a dialogue between your story and a more fact-based reality, *this time through the eyes of a more objective and compassionate observer.*

Look back at what you wrote in Step 1 about what you think and what you believe (the two \*statements) and answer two sets of questions:

1. Evaluation:

Is it true that ...?

Is it accurate that ...?

Am I being kind and helpful to myself by thinking this way?

2. Alternative explanation:

If it is not true, what is? What other, more realistic and kind thoughts and meanings might explain this?

**Step 5: Explore other choices**

Review the actions you took to the situation in Step 1 d). List other options and choices you have now.