Worksheet: **Relational Mulligan & Imaginal Do Over**

Objective: To use a structured imaginal exercise to explore and practice healthier ways of managing conflict with significant others, supported by DBT skills and internal resources (real or imagined).

Part 1: Setting the Scene

Describe the Incident, include, who was involved? What triggered the argument? Discuss the specific circumstances or topics that initiated the conflict.

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What were the key points of contention? Outline the main issues discussed or disputed.

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What emotions did you feel during and after the argument?

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How did these emotions manifest physically? (e.g., tension, shaking, feeling hot)

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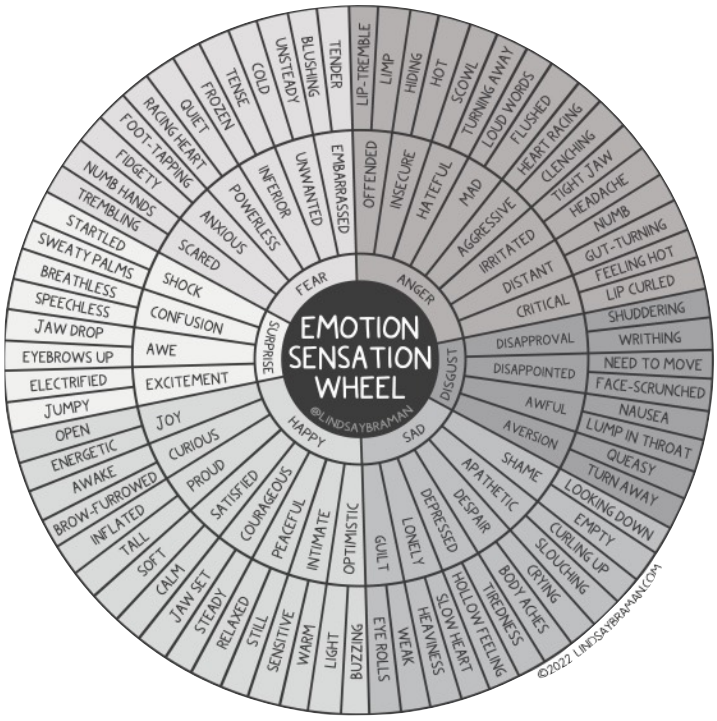

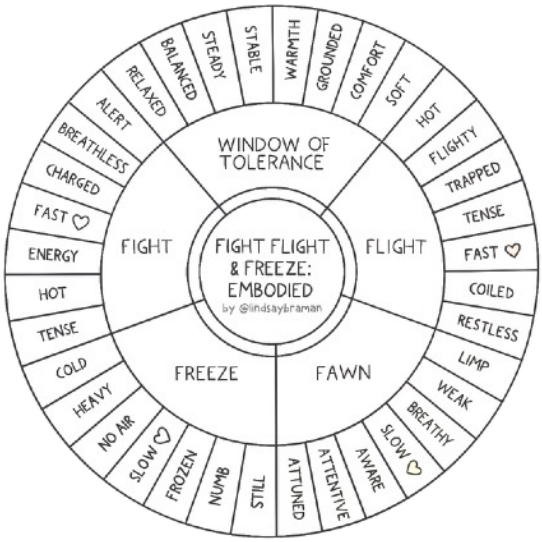

Were any older memories triggered? If so, what memories and with whom?

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Part 2: DBT Skills Application and Imaginal Resources

Mindfulness:

- Observe and Describe: Recall the argument without judgment, focusing on noticing your feelings and thoughts during the incident.
- Describe:

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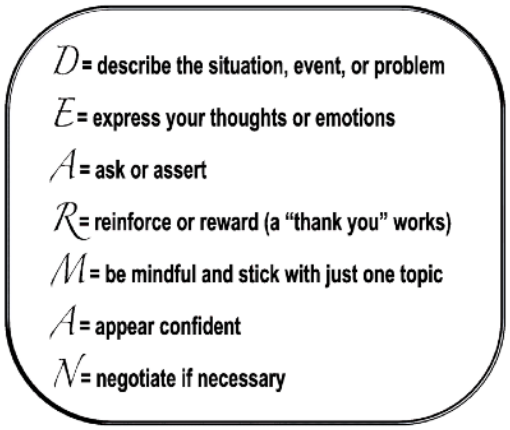
Participation: Fully immerse in the memory to identify moments where a different approach might have changed the outcome.



Interpersonal Effectiveness:

•DEAR MAN: Practice scripting how you might express

•your feelings and needs using the DEAR MAN technique (Describe, Express, Assert, Reinforce, Mindful, Appear confident, Negotiate)

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•GIVE: Focus on maintaining the relationship using GIVE (be Gentle, act Interested, Validate, use an Easy manner).

Emotion Regulation:

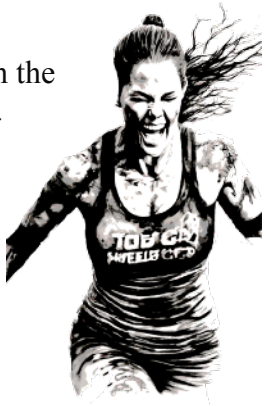
- Check the Facts: Identify the facts of the situation and differentiate them from your interpretations or emotional reactions.
- Opposite Action: Consider if acting opposite to your emotional urges could reduce conflict.

Distress Tolerance:

- Improve the Moment: Implement strategies to make distressing moments more bearable. (Which leads us to the next two parts:

Developing and Invoking Imaginal Resources

Suggestion for Resources:***Triumphant Self*** and ***Nurturing Figure*** (And, any other resources you'd like to add.) :

Therapist guides the client in processing the original scene, then the imaginal scene, including DBT Skills and imaginal resources. Therapist provides alternating bilateral stimulation as appropriate.

Invoke the *Triumphant Self*: Imagine your most confident, calm self dealing with the situation.
Engage the *Nurturing Figure*: Bring in a compassionate, wise presence to provide guidance and reassurance.