



### DBT Diary Card

Name: \_\_\_\_\_

Date: \_\_\_\_\_

		Urges						Actions						Emotions						Goals			
		Self Harm	Suicide	Quit Treatment				Self Harm	Suicide	Prescrip Meds	Quit Treatment												
Day		0-5	0-5	0-5	0-5	0-5	0-5	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	0-5	0-5	0-5	0-5	0-5	0-5	Y/N	Y/N	
SUN	AM																						
	PM																						
MON	AM																						
	PM																						
TUES	AM																						
	PM																						
WED	AM																						
	PM																						
THUR	AM																						
	PM																						
FRI	AM																						
	PM																						
SAT	AM																						
	PM																						

Intensity :      0 = Not at All      1 = A bit      2 = Somewhat      3 = Rather Strong      4 = Very Strong      5 = Extremely Strong

Prompting Events	What I did well this week	Skills Rating
Sunday:		Rating
Monday:		Rating
Tuesday:		Rating
Wednesday:		Rating
Thursday:		Rating
Friday:		Rating
Saturday:		Rating

Skills Rating:      0 = Didn't Help      1 = Helped a Little      2 = Moderate Help      3 = Helped a Lot

### ***Core Mindfulness Skills***

1	M	T	W	T	F	S	S	Wise Mind: Reasonable Mind + Emotional Mind
2	M	T	W	T	F	S	S	Observe: Just notice; Be Teflon; Be alert to your thoughts and feelings but don't react to them.
3	M	T	W	T	F	S	S	Describe: In your mind put words on your experience & put your experience into words; Just the fact.
4	M	T	W	T	F	S	S	Participate: Just do it; Jump in with both feet; Become one with the experience.
5	M	T	W	T	F	S	S	Non-judgmental Stance: Do not judge yourself or others; Don't judge your judging.
6	M	T	W	T	F	S	S	One Mindful: Stay focused; Be in the here and now; One thing at a time.
7	M	T	W	T	F	S	S	Effectiveness: Do what works; Play by the rules: Let go of vengeance: Anger and righteousness.

### ***Interpersonal Effectiveness***

8	M	T	W	T	F	S	S	DEAR MAN: Ask for what you want; Describe, Express feelings, Assert, Reinforce, stay Mindful, Appear confident, Negotiate.
9	M	T	W	T	F	S	S	GIVE: Improve and keep relationships by being Gentle, Interested, Validating, Easy manner.
10	M	T	W	T	F	S	S	FAST: Maintain self-respect; Be Fair, no Apologies, Stick to values, be Truthful.
11	M	T	W	T	F	S	S	Thinking/Acting Dialectically: Walk the middle ground, Think grey not black and white
12	M	T	W	T	F	S	S	Validate Someone Else: Let the person know that his or her thoughts, feelings & emotions make sense.
13	M	T	W	T	F	S	S	Positive Reinforcement: Reward yourself / others when improved feelings, thoughts & behaviors occur.

### ***Distress Tolerance***

14	M	T	W	T	F	S	S	Stop: Stop, take a step back, observe, proceed mindfully.
15	M	T	W	T	F	S	S	Pros and Cons: Of being skillful.
16	M	T	W	T	F	S	S	TIP: Temperature, Intense aerobic activity, Paced breathing; Paired muscle relaxation.
17	M	T	W	T	F	S	S	Distract (ACCEPTS): Activities; Contribute to others; Compare to others; use Emotions; Push away bad thoughts; Think of other things; use Sensations.
18	M	T	W	T	F	S	S	Self-Soothe: Use experiences that are soothing to the five senses: Vision, Touch, Smell, Hearing, Taste.
19	M	T	W	T	F	S	S	IMPROVE the moment: Use Imagery, Prayer, Relaxation, and focus on One thing in the moment, Vacation, Encouragement.
20	M	T	W	T	F	S	S	Radical Acceptance: Freedom from suffering = acceptance from deep within, Does not = approval
21	M	T	W	T	F	S	S	Turning the mind: Commit to accept; Notice when not accepting; Move back toward the path of acceptance.
22	M	T	W	T	F	S	S	Willingness: Participate in your life to the best of your ability.
23	M	T	W	T	F	S	S	Half-smile and Willing Hands: Accept reality with your body.
24	M	T	W	T	F	S	S	Cheerleading: Talk to yourself, as you would like someone to talk to you caringly.

### ***Emotion Regulation***

25	M	T	W	T	F	S	S	Check The Facts: Challenge judgments. Think of other possibilities. Am I assuming a threat? How likely is the worst outcome?
26	M	T	W	T	F	S	S	Opposite Action: Act opposite of your emotional urge.
27	M	T	W	T	F	S	S	Problem Solve: Observe & describe the problem; Identify a goal; Brainstorm solutions, pick 2 solutions, take the first steps
28	M	T	W	T	F	S	S	Accumulate Positive Emotions: Short-term/Long-term, Engage in pleasant activities that lead to a rewarding life that is worth living.
29	M	T	W	T	F	S	S	Build Mastery: Do one thing each day to make yourself feel competent and in control.
30	M	T	W	T	F	S	S	Cope Ahead: rehearse in your mind exactly how you would use specific skills to deal with a situation.
31	M	T	W	T	F	S	S	PLEASE: Reduce vulnerability; treat Physical Illness, balanced Eating, Avoid mood altering drugs, Sleep, Exercise
32	M	T	W	T	F	S	S	Validate Yourself: Recognize that you make sense.
33	M	T	W	T	F	S	S	Mindfulness Of Current Emotions: Identify your emotion, observe it, don't pull away, experience it, don't judge it