

# DBT DIARY CARD

Date started	How often did you fill out diary card this week?				
	Daily	4-6 times	2-3 times	Once	In session

<b>OVERALL PROGRESS</b> Rate progress 1-5	1 A lot less	2	3 No change	4	5 A lot more
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## WEEKLY SUMMARY

		MON	TUE	WED	THU	FRI	SAT	SUN
<b>URGES</b> Rate urge 0-5, * if acted upon	Kill myself							
	Hurt myself							
	Use substances							
<b>EMOTIONS</b> Rate 0-5	Emotional misery							
	Physical misery							
	Joy							
<b>BEHAVIOR CHANGE</b> Rate urge 0-5, * if acted upon	Target 1							
	Target 2							
	Target 3							

<b>HOMEWORK</b>	Assignment	Results	Obstacles / Judgments

## COMING INTO SESSION

<b>URGES</b> Rate urge 0-5	Quit therapy	
	Use substances	
	Kill myself	

<b>BELIEVE I CAN CHANGE LIFE &amp; REGULATE MY EMOTIONS</b> Rate belief 0-5	Emotions	
	Actions	
	Thoughts	

# DBT SKILLS USE

0=Not thought about or used

1=Thought about, not used, didn't want to

2=Thought about, not used, wanted to

3=Tried but couldn't use them

4=Tried, could do them but they didn't help

5=Tried, could use them, helped

6=Used them automatically, didn't help

7=Used them automatically, helped

MINDFULNESS SKILLS	MON	TUE	WED	THU	FRI	SAT	SUN
Wise mind: Acknowledge emotions & act skillfully							
Observe: Just notice without words							
Describe: Use factual words							
Participate: Enter the experience							
Non-judgmental stance: Note judgmental thoughts							
One-mindfully: One thing at a time							
Effectiveness: Focus on what works							

MIDDLE PATH SKILLS	MON	TUE	WED	THU	FRI	SAT	SUN
Dialectical thinking: ID extremes, Find middle path							
Validate self & others: Acknowledge multiple realities							
Behaviorism: Use reinforcement and extinction wisely							

DISTRESS TOLERANCE SKILLS	MON	TUE	WED	THU	FRI	SAT	SUN
STOP: Stop, step back, Observe & proceed mindfully							
Pros & cons: Think of short & long-term consequences							
TIPP: Regulate body temp, exercise, breath, muscles							
Wise mind ACCEPTS: Distract yourself mindfully							
Self-soothe w/ 5 senses: Focus on 1 sensation at time							
IMPROVE the moment: Reduce painful emotions now							
Radical acceptance / turning the mind							
Willing hands / Half-smile: Accept with your body							
Alternate rebellion: Find skillful ways to rebel							
Urge surfing: Allow emotions, let them come & go							

INTERPERSONAL EFFECTIVENESS SKILLS	MON	TUE	WED	THU	FRI	SAT	SUN
Clarify goals: Identify what's important							
DEAR: Describe, Express, Assert, Reinforce							
MAN: Mindful, Appear confident, Negotiate							
GIVE: Gentle, Interested, Validate, Easy manner							
FAST: Fair, no Apologies, Stick to values, be Truthful							

EMOTION REGULATION SKILLS	MON	TUE	WED	THU	FRI	SAT	SUN
Check the facts: Do your emotions fit the facts?							
Opposite to emotion action: Act opposite in wise mind							
Problem solve: When your emotions fit the facts							
PLEASE: Take care of health to regulate vulnerabilities							
Accumulate positive emotions: Schedule fun everyday							
Build mastery: ID values & work towards goals							
Cope ahead: Imagine solving problem							
Committed action toward values							