## **DBT DIARY CARD**

Date started	How often did you fill	out diary ca	ard this wee	k?						
	Daily	4-6 times		2-3 times		Once		In session		
OVERALL PROGRESS Rate progress 1-5	1 A lot less		2		3 No change		4		5 A lot more	
WEEKLY SUMMA	RY		MON	TUE	WED	THU	FRI	SAT	SUN	
	Kill myself									
URGES Rate urge 0-5, * if acted upon	Hurt myself									
	Use substances									
	Emotional misery									
EMOTIONS Rate 0-5	Physical misery									
	Joy									
BEHAVIOR CHANGE Rate urge 0-5, * if acted upon	Target 1									
	Target 2									
	Target 3									
	Assignment		Results				Obstacles / Judgments			
HOMEWORK										
COMING INTO SE	SSION									
<b>URGES</b> Rate urge 0-5	Quit therapy Use substances				BELIEVE I CAN		Emotions			
					CHANGE REGULATEMOTION	TE MY	Actions			
	Kill myself			Rate belie			Thoughts			

Source: DBT Bites

## **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

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 Dialactical 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/S senses: Focus on 1 sensation at time IMPROVE the moment: Reduce painful emotions now Radical acceptance / Lurning 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 KILLS 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  THE 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  Clarify goals: Identify what's important DEAR: Describe, Express, Assert, Reinforce MAN mindful, Appear confident in visue mind Problem solve: When your emotions fit the facts?  Opposite to emotion action: Act opposite in wise mind Problem solve: When your emotions fit the facts  Committed action toward values	MINDFULNESS SKILLS	MON	TUE	WED	THU	FRI	SAT	SUN
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 William and ACCEPTS: Distract yourself mindfully Milling hands / Half-smile: Accept with your body Alternate rebellion: Find skilful 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? DEAR: Depositive emotions action: Act opposite in wise mind Problem solve: When your emotions fit the facts DEAR: Depositive emotion action: Act opposite in wise mind Problem solve: When your emotions fit the facts Copposite to emotion action: Act opposite in wise mind Problem solve: When your emotions fit the facts Copposite to emotion action: Act opposite in wise mind Problem solve: When your emotions fit the facts Copposite to emotion action: Act opposite in wise mind Problem solve: When your emotions fit the facts Copposite to emotion action: Act opposite in wise mind Problem solve: When your emotions fit the facts Copposite to emotion action: Act opposite in wise mind	Wise mind: Acknowledge emotions & act skillfully							
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