

Dialectical Behavior Therapy Diary Card										Name: _____		Filled Out in Session? Y N		How Often Did You Fill Out? Daily 4-6x 2-3x Once		Last Day Filled Out: Month ____ Year ____ Day ____	
Circle Start Day	Highest Urge To:			Highest Rating for Each Day			Drugs/Medications						Actions			Emotions Optional	
	Commit Suicide	Self-Harm	Use Drugs	Emotion Misery	Physical Misery	Joy	Alcohol	Illegal Drugs	Meds. as Prescribed	p.r.n./Over-the-Counter Meds.	Self-Harm	Lied	Used Skills*				
Day of week	0-5	0-5	0-5	0-5	0-5	0-5	# What?	# What?	Y/N	# What?	Y/N	#	0-7				
MON																	
TUE																	
WED																	
THUR																	
FRI																	
SAT																	
SUN																	
Med. Change This Week							*Used Skills 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 = Automatically used them, didn't help 7 = Automatically used them, helped										
Homework Assigned and Results This Week:							Coming into Session (0-5) Urges to: Quit Therapy Use Drugs Commit Suicide										
							Belief I Can Change or Regulate My: Emotions Actions Thoughts										
							Coming into Session (0-5)										
Skills Focus This Week:																	





DBT Diary Card		Filled out this card?		Daily	2-3x	4-6x	Once	In session	Check skills; circle days skill was practiced							
DEAR (Describe, Express, Assert, Reinforce) MAN (Mindful, Appear confident, Negotiate) GIVE (Gentle, Interested, Validate, Easy manner) FAST (Fair, no Apologies, Stick to values, Truthful) ABC (Accumulate positive emotions, Build mastery, Cope ahead) PLEASE (Care: Physical Ills, Eating, Avoid mood-altering substances, Sleep, Exercise) TIP (Temperature, Intense Exercise, Paced Breathing, Paired muscle relaxation)	 Mindfulness								Wise mind	MON	TUE	WED	THUR	FRI	SAT	SUN
									Observe: Just notice	MON	TUE	WED	THUR	FRI	SAT	SUN
									Describe: Put words on, just the facts	MON	TUE	WED	THUR	FRI	SAT	SUN
									Participate: Enter into the experience	MON	TUE	WED	THUR	FRI	SAT	SUN
									Nonjudgmentally	MON	TUE	WED	THUR	FRI	SAT	SUN
									One-mindfully: Present moment	MON	TUE	WED	THUR	FRI	SAT	SUN
								Effectively: Focus on what works	MON	TUE	WED	THUR	FRI	SAT	SUN	
	 Interpersonal Effectiveness								DEAR	MON	TUE	WED	THUR	FRI	SAT	SUN
									MAN	MON	TUE	WED	THUR	FRI	SAT	SUN
									GIVE	MON	TUE	WED	THUR	FRI	SAT	SUN
									FAST	MON	TUE	WED	THUR	FRI	SAT	SUN
									Walked the middle path; Dialectics	MON	TUE	WED	THUR	FRI	SAT	SUN
									Validation	MON	TUE	WED	THUR	FRI	SAT	SUN
								Strategies to change behavior	MON	TUE	WED	THUR	FRI	SAT	SUN	
	 Emotion Regulation								Checked the facts	MON	TUE	WED	THUR	FRI	SAT	SUN
									Did opposite action	MON	TUE	WED	THUR	FRI	SAT	SUN
									Problem-solved	MON	TUE	WED	THUR	FRI	SAT	SUN
									Accumulated positive emotions A	MON	TUE	WED	THUR	FRI	SAT	SUN
									Built mastery B	MON	TUE	WED	THUR	FRI	SAT	SUN
									Coped ahead C	MON	TUE	WED	THUR	FRI	SAT	SUN
							Reduced vulnerability: PLEASE	MON	TUE	WED	THUR	FRI	SAT	SUN		
 Distress Tolerance								Mindfulness of current emotion	MON	TUE	WED	THUR	FRI	SAT	SUN	
								CRISIS STOP skill	MON	TUE	WED	THUR	FRI	SAT	SUN	
								SURVIVAL Pros and cons	MON	TUE	WED	THUR	FRI	SAT	SUN	
								TIP	MON	TUE	WED	THUR	FRI	SAT	SUN	
								Distracted	MON	TUE	WED	THUR	FRI	SAT	SUN	
								Self-soothed	MON	TUE	WED	THUR	FRI	SAT	SUN	
								Improved the moment	MON	TUE	WED	THUR	FRI	SAT	SUN	
								REALITY Radical acceptance	MON	TUE	WED	THUR	FRI	SAT	SUN	
								ACCEPT Half-smiling, Willing Hands	MON	TUE	WED	THUR	FRI	SAT	SUN	
								Willingness, Mindfulness of Current Thoughts	MON	TUE	WED	THUR	FRI	SAT	SUN	

FIGURE 4.1. Front (top) and back (bottom) of a DBT diary card. The entire back half of the card is used in skills training sessions; the front half is used in individual therapy except for the “Used Skills” column, which is also employed in skills training. Should be printed on 4" × 6" card stock (front and back).