

Dialectical Behavior Therapy Diary Card

Instructions: Circle the days you worked on each skill

Filled out in session? Y N

How often did you fill out this side?
Daily ✓ 2-3x Once

1. Wise mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2. Observe: just notice (Urge Surfing)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3. Describe: put words on	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4. Participate: enter into the experience	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5. Nonjudgmental stance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6. One-mindfully: in-the-moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7. Effectiveness: focus on what works	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8. Objective effectiveness: DEAR MAN	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9. Relationship effectiveness: GIVE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10. Self-respect effectiveness: FAST	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11. Reduce vulnerability: PLEASE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12. Build MASTERY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
13. Build positive experiences	Mon	Tues	<u>Wed</u>	Thurs	Fri	Sat	Sun
14. Opposite-to-emotion action (Alt. Rebellion)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
15. Distract (Adaptive Denial)	Mon	Tues	Wed	Thurs	Fri	<u>Sat</u>	Sun
16. Self-soothe	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
17. Improve the moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
18. Pros and cons	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19. Radical Acceptance <i>half-smile</i>	Mon	<u>Tues</u>	Wed	Thurs	Fri	<u>Sat</u>	Sun
20. Building Structure // Work	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
21. Building Structure // Love	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
22. Building Structure // Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
23. Building Structure // Place	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Urge to use (0-5):

Before therapy session: 3

After therapy session: 3

Urge to quit therapy (0-5):

Before therapy session: 2

After therapy session: 3

BRTC Diary Card
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Linehan, Ph.D.

Dialectical Behavior Therapy Diary Card				Initials <div style="font-size: 1.5em; font-family: cursive;">JM</div>	ID#	Filled out in session? N	How often did you fill out this side? <input checked="" type="checkbox"/> Daily <input type="checkbox"/> 2-3x <input type="checkbox"/> Once	Date started
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Day & Date	Urges to...			Emotions					Drugs								Actions				
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit		ETOH		Prescrip		OTC		S-H	Lying	Joy	Skills	R
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-5	✓
Mon	0	3	4	4	5	5	0	2									N		0	0	
Tues	0	3	4	4	5	5		2									Y	1	0	0	
Wed	0	3	4	4	5		0										N	2	0	3	
Thur	0	3	4	4	5	4											N		0	4	
Fri	0	4	5	4	5	5	0	2									N		0	4	
Sat	0	5	5	4	5	5	0	3									Y	1	0	3	
Sun	0	4	4	4	5	5	3	3									Y	3	0	0	

Apparantly Unimportant Behaviors: Keeping Doors to Use Open:			*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 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped		
	Before	After	Belief in control of...	Before	After	Urinalysis (circle) 1 2 3 BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.		
Urge to use (0-5):	0	0	Emotions:	0	0			
Urge to quit therapy (0-5):	5	4	Behaviors:	0	0			
Urge to harm (0-5):	4	2	Thoughts:	0	0			

Dialectical Behavior Therapy Diary Card

Initials
DF

ID#

Filled out in session? Y ☒ N

How often did you fill out this side?
___ Daily ☒ 2-3x ___ Once

Date started

Day & Date	Urges to...			Emotions					Drugs							Actions					
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit		ETOH		Prescrip		OTC		S-H	Lying	Joy	Skills	R
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-5	✓
Mon	4	5	4								4	mixed		xanax		aspirin	N	0	0		
Tues		5				5	2		pot		5	mixed/beer						0	1		
Wed			5																		
Thur	4		5						pot											1	
Fri			5+++						pot								Y	1	0	4	
Sat	3	5	5	3	5	5	2								5	dexatrim aspirin	N	1	0	2	
Sun		5	5		5	5											N	0	0	2	

Apparantly Unimportant Behaviors:			*USED SKILLS						
Keeping Doors to Use Open:			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 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped			
	Before	After	Belief in control of...	Before	After	Urinalysis (circle) 1 2 3			
Urge to use (0-5):	4		Emotions:			BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.			
Urge to quit therapy (0-5):	4		Behaviors:						
Urge to harm (0-5):	4		Thoughts:						

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Initials
SR

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Filled out in session? Y N

How often did you fill out this side?
✓ Daily ____ 2-3x ____ Once

Date started

Day & Date	Urges to...			Emotions					Drugs								Actions				
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit		ETOH		Prescrip		OTC		S-H	Lying	Joy	Skills	R
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-5	✓
Mon	3	0	1	4	3	2	1	3		—	2	beer	2	Elavil		—	N	0	1	5	
Tues	3	0	1	4	3	3	1	4		—	3	vodka beer				—	N	0	1	5	
Wed	3	0	1	4	3	3	1	5		—	3	beer				—	N	0	0	5	
Thur	3	0	5	5	5	4	3	5		—	3	beer			2	Tylenol	N	1	1	5	
Fri	3	0	2	4	3	3	2	5		—	2-3	beer				—	N	0	0	5	
Sat	3	0	2	4	3	3	1	4		—	4	vodka beer				—	N	2	0	3	
Sun	3	0	2	5	3	4	1	5		—	2	beer		✓	4	Tylenol	N	1	0	5	

Apparantly Unimportant Behaviors:

Keeping Doors to Use Open:

*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 = Didn't try, used them, didn't help

7 = Didn't try, used them, helped

	Before	After	Belief in control of...	Before	After	Urinalysis (circle)	1	2	3
Urge to use (0-5):	3	3	Emotions:	1	2	BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.			
Urge to quit therapy (0-5):	3	3	Behaviors:	3	3				
Urge to harm (0-5):	2	1	Thoughts:	0	0				