

# DIALECTICAL BEHAVIORAL THERAPY DIARY

NAME: \_\_\_\_\_ DATE RANGE: \_\_\_\_\_ FREQUENCY: \_\_daily \_\_2-3x \_\_weekly

RATE ON A SCALE FROM 1-5 (SEE KEY BELOW)

DAY	DATE	SADNESS	SHAME	ANGER	FEAR	AGITATION	JOY	S-H URGES	S-H ACTION	SUICIDAL ACTION	OTHER TARGET	USED SKILLS	NOTES

**RATING SCALE FOR EMOTIONS AND SELF-HARM URGES:**  
 0 = none    1 = minimal    2 = mild    3 = moderate    4 = strong    5 = intense

<b>USED:</b> 0 = Didn't think about using 1 = Thought about using but didn't want to use 2 = Wanted to use but didn't	3 = Used skills but didn't help 4 = Used them, helped 5 = Didn't need them, practiced
--	---

Urge to quit individual therapy: \_\_\_\_

Urge to quit group therapy: \_\_\_\_

Write in your skills and check off the days that you worked on them.

	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN
	MON	TUES	WED	THUR	FRI	SAT	SUN