

DBT Diary Card	Name:	Therapist:				Week Starting: ___/___/___			
Thoughts & Behaviors (Urge/Action): Urge (0-5): 0=No Urge 3= Strong Urge, lasted until noon and skills were implemented 5= Strongest Urge/Lasted throughout day Action (0-5): <i>View Bottom for Scoring</i>	List 3 Target Behaviors for the Week:	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	
	1.								
	2.								
	3.								
	Suicidal Ideation (Urge)								
	Self-harm								
	Substance Use								
	Rx / OTC (Y/N, what)								
	Skip Groups								
Emotions: 0= Not At all 1= A bit 2= Somewhat 3=Rather Strong 4= Very Strong 5= Extremely Strong (rare)	Sadness/Depression								
	Guilt/Shame								
	Anger								
	Fear/Anxiety								
	Joy								
	Other:								
Skill Use: <i>In blank spaces indicate skills used or skills you're likely to try during the week</i> 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	Mindfulness:	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	
	What Skills:								
	How Skills:								
	Wise Mind:								
	Distress Tolerance:								
	Emotional Regulation:								
	Interpersonal Effectiveness:								
	Action: 0 = No behavior use 1 = Engaged in behavior and quickly stopped 2 = Engaged in behavior for a longer period of time and implemented skills to interrupt engagement 3 = Engaged in behavior for a longer period of time and received support to implement skills 4 = Engaged in behavior and did not seek support or implement skills 5 = "I am likely in relapse," engaged in a behavior for a long period of time without relief and did not seek support								

DBT Skills Key:

Core Mindfulness:

What Skills

- Observe
- Describe
- Participate

How Skills

- One Mindfully
- Non-Judgmentally
- Effectively

Wise Mind

Interpersonal Effectiveness:

- Prioritize Goals
- Saying “No” & Observing Limits
- 3 Goals of Interpersonal Effectiveness:
 - **DEAR MAN:** Describe, Express, Assert, Reinforce, Mindfully, Acting Confident, Negotiating
 - Self-Respect Effectiveness **FAST:** Fair, No Apologies, Sticks to Values, Truthful
 - Relationship Effectiveness **GIVE:** Gentle, Interested, Validating, Easy Manner)

Emotion Regulation:

- **PLEASE Mastery:**
 - Take care of Physical Illness, Balanced Eating, Avoid Mood Altering Drugs, Balanced Sleeping, Balanced Exercise, Build **Mastery**
- **ABCs:** Accumulate Positive Emotions, Build Mastery, Cope Ahead
- Mindfulness of current emotion
- Check the Facts
- Opposite Action
- Problem-solving

Distress Tolerance:

- Wise Mind **ACCEPTS:** Activities, Contribution, Comparison, Opposite Emotions, Pushing Away, Thoughts, Sensations, Self-Soothe with 5 Senses
- **IMPROVE** the Moment: Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement
- Pros and Cons
- STOP (Stop, Take a Step Back, Observe, Proceed Mindfully)
- TIP (Temperature, Intense Exercise, Paced Breathing & PMR)
- Half-Smile & Willing Hands
- Radical Acceptance
 - Willingness/Turning the Mind

Narrative (Describe events, thoughts, reactions, crisis behaviors, and/or skills use):

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Monday: _____

Tuesday: _____