

DBT DIARY CARD		Instructions: Put a check in the days you work on each skill	How often did you fill out this side? _____ Daily; _____ 4-6x's; _____ 2-3x's; _____ Once; _____ In Session				DATE STARTED:	
Day of the Week								
Core Mindfulness	Noticing Reasonable Mind							
	Noticing Emotion Mind							
	Wise Mind							
	Observe: Just notice (Urge Surfing)							
	Describe: Put words on							
	Participate: Enter the experience							
	Non-judgmental: Just the facts							
	One-Mindfully: In the moment							
	Effectiveness: Focus on what works							
	Formal Mindfulness Practice							
Interpersonal Effectiveness	Prioritize Among Goals							
	Consider Options for Intensity							
	Objective Effectiveness: DEAR							
	Objective Effectiveness: MAN							
	Relationship Effectiveness: GIVE							
	Self-Respect Effectiveness: FAST							
	Attend to Relationships							
Emotion Regulation	Describing Emotions							
	Opposite-to-Emotion Action							
	Problem Solving							
	Check the Facts							
	Accumulate Positives: Short Term							
	Accumulate Positives: Valued Action							
	Build Mastery							
	Cope Ahead							
	Reduce Vulnerability: PLEASE							
	Mindfulness of Current Emotion							
Survival & Acceptance	STOP							
	TIP: Temperature							
	TIP: Intense Exercise							
	TIP: Paced Breathing							
	TIP: Paired Muscle Relaxation							
	Pros and Cons							
	Self Soothe							
	IMPROVE the Moment							
	Distract: ACCEPTS (Adaptive Denial)							
	Turning The Mind							
	Radical / Reality Acceptance							
	Willingness							
	Half Smile							
	Observing Breath							
Mindfulness of Current Thoughts								
Other Skills	Self Validation							
	Self Compassion							
	Building Structure							

Weekly Target/ Skills Practice:

DBT DIARY CARD		How often did you fill out this side? _____ Daily; _____ 4-6x's; _____ 2-3x's; _____ Once; _____ In Session						
Day of the Week								
<i>Emotions (highest rating for each day 0-5)</i>	Anger							
	Anxiety/ Agitation							
	Disgust							
	Envy							
	Fear							
	Jealousy							
	Joy							
	Love							
	Sadness							
	Shame							
0-5	Guilt							
0-5	Physical Pain							
0-5	Emotional Misery							
<i>Ineffective Urges (0-5)</i>	Self Harm							
	Suicide							
<i>Ineffective Actions</i>	Self Harm (Y or N)							
	Suicide Attempts (Y or N)							
	Lying (# of times)							
	Keeping Doors Open (Y or N)							
<i>Effective Actions</i>	Hours of Sleep							
	Took Meds as Prescribed (Y or N)							
	Skill Use (0 to 7) *							
	Reinforced Self for Skill Use (Y or N)							

Skill Use Scale:
0 = Not thought about or used 3 = Tried, but couldn't use them 6 = Didn't try, used them, didn't help
1 = Thought about, not used, didn't want to 4 = Tried, could use them didn't help 7 = Didn't try, used them, helped
2 = Thought about, not used, wanted to 5 = Tried, could use them, helped

Urges to . . . (0-5)			Belief in Ability to Self-Regulate/ Self-Control . . . (0-5)		
	Before Therapy	After Therapy		Before Therapy	After Therapy
Self Harm			Emotions		
Commit Suicide			Actions		
Quit Therapy			Thoughts		
Other:					

