

(donated by: De Belinsky)

DBT DIARY CARD

NAME :

DATE : \_\_\_\_\_

DAY	TARGETS												EMOTIONS									
	SUICIDAL IDEATION	PAIN	MEDICATION		SELF HARM		RESTRICTING		PURGING		WEIGHING		BURDENSOME	WORTHLESS	SELF-ACCEPTANCE	HOPEFULNESS	ANGER	JOY	SHAME	SADNESS	ANXIETY	
			#	NAME	URGE	Y/N	URGE	Y/N	URGE	Y/N	URGE	Y/N										0-5
MON																						
TUE																						
WED																						
THU																						
FRI																						
SAT																						
SUN																						

INTENSITY: 0 = Not at all 1 = A bit 2 = Somewhat 3 = Rather Strong 4 = VERY Strong 5 = EXTREMELY STRONG

How often did you fill in your diary card? \_\_\_\_\_ DAILY \_\_\_\_\_ 2 / 3 X'S WK \_\_\_\_\_ 1X WK Urge to quit therapy? \_\_\_\_\_

Notes for the Week:

Mon	
Tues	
Wed	
Thur	
Fri	
Sat	
Sun	

DBT SKILLS USED...

M Tu W Th F Sa Su

Mindfulness										<b>Wise Mind:</b> Accessed wisdom. Know truth. Be centered and calm. Balanced Emotional Mind and Reasonable Mind. Meditate.
										<b>Observe:</b> Just notice the experience. "Teflon mind." Control your attention. Smell the roses. Experience what is happening.
										<b>Describe:</b> Put experiences into words. Describe to yourself what is happening. Put words on the experience.
										<b>Participate:</b> Enter into the experience. Act intuitively from wise mind. Practice changing the harmful and accepting yourself.
										<b>Nonjudgmental stance:</b> See but don't evaluate. Unglue your opinions. Accept each moment.
										<b>One-mindfully:</b> Be in the moment. Do one thing at a time. Let go of distractions. Concentrate your mind on the task at hand.
										<b>Effectiveness:</b> Focus on what works. Learn the rules. Play by the rules. Act skillfully. Let go of vengeance and useless anger.
Interpersonal										<b>Objective effectiveness: DEAR MAN:</b> Describe. Express. Assert. Reinforce. Mindful. Appear confident. Negotiate.
										<b>Relationship effectiveness: GIVE:</b> Gentle. Interested. Validation. Easy manner.
										<b>Self-respect effectiveness: FAST:</b> Fair. No Apologies. Stick to values. Be Truthful. Cheerleading.
										<b>Prioritizing:</b> Ranking the importance of your objective, the relationship, and self-respect.
										<b>Challenging myths and beliefs:</b> Dispute the thoughts and beliefs that reduce interpersonal effectiveness.
Emotion Regulation										<b>Options for intensity:</b> Determining how strongly to ask for or say no to something.
										<b>Identifying primary emotions:</b> Use the model of emotions to identify your primary emotions.
										<b>Checking the facts:</b> Identify the facts of the situation (rather than thoughts, interpretations, or beliefs).
										<b>Problem solving:</b> Identify the problem, check the facts, identify your goal, brainstorm solutions, evaluate solutions, and put a solution into action.
										<b>Opposite-to-emotion action:</b> Change emotions by acting opposite to the current emotion (when it isn't justified). Approach rather than avoid.
										<b>Acquire positives in the short term:</b> Doing pleasurable things that you can do now.
										<b>Acquire positives in the long term:</b> Making choices that match morals and values.
										<b>Build mastery:</b> Try to do one (hard or challenging) thing a day to make yourself feel competent and in control.
										<b>Cope ahead:</b> Imagine how you would skillfully cope with a situation before you are in it.
										<b>PLEASE:</b> Reduce vulnerability, treat: Physical illness, balance Eating. Avoid drugs, balance Sleep. Exercise daily.
										<b>Letting go of emotional suffering:</b> Attending to emotional experiences.
Distress Tolerance										<b>Managing extreme emotions:</b> Crisis survival skills, mindfulness of current emotions, apply emotion regulation skills.
										<b>Troubleshooting emotion regulation:</b> Steps to follow when changing your emotion doesn't work.
										<b>TIPP:</b> Temperature. Intense exercise. Progressive muscle relaxation. Paced breathing.
										<b>Distract:</b> Wise Mind <b>ACCEPTS Activities.</b> Contributing. Comparisons. Emotions. Pushing away. Thoughts. Sensations.
										<b>Self-soothe</b> with the 5 senses. Enjoy sights, sounds, smells, tastes and touch. Be mindful of soothing sensations.
										<b>IMPROVE</b> the moment: Imagery. Meaning. Prayer. Relaxation. One thing in the moment. Vacation. Encouragement.
										<b>Pros and cons:</b> think about the +/- aspects of tolerating distress and the +/- aspects of not tolerating distress (engaging in impulsive behavior)
										<b>Observing your breath:</b> Breathing to center yourself.
										<b>Half-smile:</b> If you can't change your feelings, change your face. Create posture of acceptance, willingness, and openness to experience.
										<b>Awareness exercises:</b> Focus attention on allowing yourself to tolerate distress.
										<b>Radical acceptance:</b> Choose to recognize and accept reality. Freedom from suffering = acceptance of facts from deep within / <b>not</b> approval.
										<b>Turning the mind:</b> Choosing over and over again to accept even though emotion mind wants to reject reality.
	Other									
										<b>STOP:</b> Stop. Take a step back. Observe. Proceed Mindfully.
										<b>Validate yourself</b>
										<b>Validate someone else</b>
										<b>Didn't know what skill to use.</b>

