

Dialectical Behavior Therapy (DBT) Diary Card	initials	Date Finished	How often did you fill out this card? 1 2-4 5-6 7 Filled out in Session? Y / N
			Target Behavior:

Target Behavior		Emotions								Skills	
How strong was your urge to use (or avoid) your target behavior? Did you?		Rate how intense your emotion was each day								*Use this scale to rate how you used your skills. Check "R" if you reinforced yourself for using skills.	
(0=least intense and 5=most intense)											
Day	Urge	Action	Rx	Pain	Sad	Shame	Anger	Fear	Joy	Skills	R
Mon											<input checked="" type="checkbox"/>
Tues											
Wed											
Thurs											
Fri											
Sat											
Sun											

***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

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

SKILLS:

		M	T	W	T	F	S	S	
Core Mindfulness	What Skills	Wise Mind							
		Observe: just notice (urge surfing)							
		Describe: put words on							
Core Mindfulness	How Skills	Participate: enter into the experience							
		One mindfully: in the moment							
		Non-judgmentally: just the facts (Don't judge judging, separate facts from interpretations)							
Interpersonal		Effectively: focus on what works							
		Prioritize among interpersonal goals							
		Consider options for intensity: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect							
	3 goals of interpersonal effectiveness	Saying "no" & observing limits							
Interpersonal		Objectives effectiveness: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating)							
		Relationship Effectiveness: GIVE (Gentle, Interested, Validating, Easy manner)							
		Self-respect Effectiveness: FAST (Fair, no Apologies, Stick to values, Truthful)							
Emotional Regulation		Model of emotions							
		Function of emotion							
	PLEASE Master		Take care of Physical illness						
			Balanced Eating						
			Avoid alcohol / mood altering drugs						
			Balanced Sleeping						
			Balanced Exercise						
			Build Mastery						
			Increase positive emotions/events*						
		Experience my emotion as a wave (Let it come & go, just observe, don't amplify or suppress)							
	Acting opposite to Emotion: Fear=approach, guilt=apologize/ignore, sad=get active, anger=avoid, gentleness & empathy								
	Practice loving my emotions (step back, experience, accept, don't judge)								
Distress Tolerance	Distract Skills Wise Mind ACCEPTS	Activities*							
		Contribution							
		Comparison / Count blessings							
		Opposite Emotions (acting opposite)							
		Pushing away							
		Thoughts (think about something more pleasant)							
		Sensations							
	Self-soothe with 5 senses*								
	IMPROVE the Moment	Imagery*							
		Meaning*							
		Prayer							
		Relaxation*							
		One thing in the moment							
		Vacation							
		Encouragement							
		Pros / cons							
		Observe the breath							
Half-smile									
Radical acceptance , willingness, turning the mind,									
DBT-S	Building structure: Work								
	Building structure: Relationships								
	Building structure: Time								
	Building structure: Place								

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