

Dialectical Behavior Therapy Diary Card for: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Medication changes this week? Y N

Circle Start Day	Highest Urge To:			Highest Rating For Each Day			Drugs/Medications				Actions			Emotions	Optional
	Commit Suicide	Self-Harm	Use Alcohol or Drugs	Emotion Misery	Physical Misery	Joy	Alcohol/drugs (other than prescribed)		Rx meds (as prescribed)	Self-Harm	Judgment	Used Skills*			
Day Of Week	0-5	0-5	0-5	0-5	0-5	0-5	#	What?	Y N	Y N	#	0-7			
MON															
TUE															
WED															
THUR															
FRI															
SAT															
SUN															

*Used Skills		Urges to:	Coming into session (0-5)	Belief I Can Change or Regulate My:	Coming into session (0-5)
0 – Not thought about or used	4 = Tried, could do them, they didn't help	Quit therapy		Emotions	
1 = Thought about, not used, didn't want to	5 = Tried, could use them, helped	Use drugs		Actions	
2 = Thought about, not used, wanted to	6 = Automatically used them, didn't help	Commit suicide		Thoughts	
3 = Tried but couldn't use them	7 = Automatically used them, helped				

I am going to use \_\_\_\_\_ (skills) to reduce/increase \_\_\_\_\_ this week.  
 Homework/to do list for this week:

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_ Therapist Signature \_\_\_\_\_ Date \_\_\_\_\_

DBT Diary Card	Filled out this card? Daily 2-3x 4-6x Once in session	Check skills on days skill was practiced							
<b>Mindfulness</b> Wise mind Observe: just notice Describe: Put words on, just the facts Participate: Enter into the experience Nonjudgmentally One-mindfully: present moment Effectively: Focus on what works		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
<b>Interpersonal Effectiveness</b> DEAR MAN GIVE FAST Walked the middle path; Dialectics Validation Strategies to change behavior		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
<b>Emotion Regulation</b> Checked the facts Did opposite action Problem-solved Accumulated positive emotions A Built mastery B Coped ahead C Reduced vulnerability: PLEASE Mindfulness of current emotion		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
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		MON	TUE	WED	THU	FRI	SAT	SUN	
<b>Distress Tolerance</b> STOP skill Pros and cons TIP Distracted Self-soothed Improved the moment Radical acceptance Half-smiling, willing hands Willingness, Mindfulness of Current Thoughts		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	
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		MON	TUE	WED	THU	FRI	SAT	SUN	
		MON	TUE	WED	THU	FRI	SAT	SUN	

DEAR (Describe, Express, Assert, Reinforce)  
 MAN (Mindful, Appear confident, Negotiate)  
 GIVE (Gentle, Interested, Validate, Easy manner)  
 FAST (Fair, no Apologies, Stick to values, Truthful)  
 ABC (Accumulate positive emotions, Build mastery, Cope ahead)  
 PLEASE (Care: Physical Ills, Eating, Avoid mood altering substances, Sleep, Exercise)  
 TIP (Temperature, Intense exercise, Paced breathing, Paired muscle relaxation)