

DBT Diary Card

NAME: _____

DATE: _____

Targets												Emotions							
Date	Self Harm		Suicidal Ideation	Misery									Self-acceptance	Compassion	Anger	Joy	Shame	Sadness	Fear
	Urge	Action	0-5	0-5	Urge	Action	Urge	Action	Urge	Action	Urge	Action	0-5	0-5	0-5	0-5	0-5	0-5	0-5

SUICIDAL IDEATION: 0 = No thoughts 1 = Fleeting thoughts 2 = More intense 3 = Very Intense 4 = Developing specific plan 5 = Acting on plan

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	Agenda Items:
Tue	
Wed	
Thurs	
Fri	
Sat	
Sun	

Times needed to use telephone consultation? ___ Times did use telephone consultation? ___

DBT SKILLS USED	Circle the days in which you used the corresponding skills							Circle the days in which you used the corresponding skills							
CORE MINDFULNESS (CM) SKILLS								EMOTION REGULATION (ER) SKILLS							
Wise Mind	M	T	W	Th	F	Sa	Su	Identifying Primary Emotions	M	T	W	Th	F	Sa	Su
Observe	M	T	W	Th	F	Sa	Su	Pros and Cons of Changing Emotions	M	T	W	Th	F	Sa	Su
Describe	M	T	W	Th	F	Sa	Su	Check the Facts	M	T	W	Th	F	Sa	Su
Participate	M	T	W	Th	F	Sa	Su	Opposite to Emotion Action	M	T	W	Th	F	Sa	Su
Nonjudgmental Stance	M	T	W	Th	F	Sa	Su	Problem Solving	M	T	W	Th	F	Sa	Su
One-Mindfully	M	T	W	Th	F	Sa	Su	Accumulating Positive Emotions in Short Term	M	T	W	Th	F	Sa	Su
Effectively	M	T	W	Th	F	Sa	Su	Accumulating Positive Emotions in Long Term	M	T	W	Th	F	Sa	Su
Loving Kindness	M	T	W	Th	F	Sa	Su	Building Mastery	M	T	W	Th	F	Sa	Su
Balancing Doing Mind and Being Mind	M	T	W	Th	F	Sa	Su	Cope Ahead	M	T	W	Th	F	Sa	Su
Walking the Middle Path to Wise Mind	M	T	W	Th	F	Sa	Su	PLEASE Skills	M	T	W	Th	F	Sa	Su
Pros and Cons of Practicing Mindfulness	M	T	W	Th	F	Sa	Su	Nightmare Protocol	M	T	W	Th	F	Sa	Su
Mindfulness of Pleasant Events	M	T	W	Th	F	Sa	Su	Sleep Hygiene	M	T	W	Th	F	Sa	Su
INTERPERSONAL EFFECTIVENESS (IE) SKILLS								Mindfulness of Current Emotions	M	T	W	Th	F	Sa	Su
Objective Effectiveness: <i>DEAR MAN</i>	M	T	W	Th	F	Sa	Su	Managing Extreme Emotions	M	T	W	Th	F	Sa	Su
Relationship Effectiveness: <i>GIVE</i>	M	T	W	Th	F	Sa	Su	Troubleshooting ER skills	M	T	W	Th	F	Sa	Su
Self-Respect Effectiveness: <i>FAST</i>	M	T	W	Th	F	Sa	Su	DISTRESS TOLERANCE (DT) SKILLS							
Options for Intensity	M	T	W	Th	F	Sa	Su	STOP Skill	M	T	W	Th	F	Sa	Su
Pros and Cons of Using IE Skills	M	T	W	Th	F	Sa	Su	Pros and Cons of Using DT Skills	M	T	W	Th	F	Sa	Su
Prioritizing Goals	M	T	W	Th	F	Sa	Su	TIP Skills	M	T	W	Th	F	Sa	Su
Troubleshooting IE Skills	M	T	W	Th	F	Sa	Su	Distract with Wise Mind ACCEPTS	M	T	W	Th	F	Sa	Su
Finding and Getting People to Like you	M	T	W	Th	F	Sa	Su	Self-Soothing	M	T	W	Th	F	Sa	Su
Mindfulness of Others	M	T	W	Th	F	Sa	Su	IMPROVE the Moment	M	T	W	Th	F	Sa	Su
Ending Relationships	M	T	W	Th	F	Sa	Su	Body Scan Meditation	M	T	W	Th	F	Sa	Su
Think and Act Dialectically	M	T	W	Th	F	Sa	Su	Sensory Awareness	M	T	W	Th	F	Sa	Su
Self-Validation	M	T	W	Th	F	Sa	Su	Radical Acceptance	M	T	W	Th	F	Sa	Su
Validating others	M	T	W	Th	F	Sa	Su	Turning the Mind	M	T	W	Th	F	Sa	Su
Changing Behavior with Reinforcement	M	T	W	Th	F	Sa	Su	Willingness	M	T	W	Th	F	Sa	Su
DISTRESS TOLERANCE WHEN THE CRISIS IS ADDICTION								Half-Smiling and Willing Hands	M	T	W	Th	F	Sa	Su
Dialectical Abstinence	M	T	W	Th	F	Sa	Su	Mindfulness of Current Thoughts	M	T	W	Th	F	Sa	Su
Reinforcing Non-Addictive Behaviors	M	T	W	Th	F	Sa	Su	OTHER SKILLS USED							
Burning Bridges and Building New Ones	M	T	W	Th	F	Sa	Su		M	T	W	Th	F	Sa	Su
Alternate Rebellion	M	T	W	Th	F	Sa	Su		M	T	W	Th	F	Sa	Su
Adaptive Denial	M	T	W	Th	F	Sa	Su		M	T	W	Th	F	Sa	Su

Filled out this side? Daily 2-3x 4-6x Once In session