

Dialectical Behavior Therapy Diary Card

Name: _____

Last day filled out: _____

Filled Out in Session? <input type="checkbox"/> Y <input type="checkbox"/> N	How often did you fill out? <input type="checkbox"/> Daily <input type="checkbox"/> 2-3x <input type="checkbox"/> 4-6x <input type="checkbox"/> Once
---	---

Circle Start Day	Highest Urge to:			Highest rating for each day			Chemical Use/Abuse					Actions			Emotions		Optional	
	Day of week	Commit Suicide	Self-Harm	Use Drugs	Emotion Misery	Physical Misery	Joy	Alcohol		Illegal Drugs		Meds as Prescribed	PRN/ Over the counter meds	Self Harm	Lied	Used Skills*		
		0-5	0-5	0-5	0-5	0-5	0-5	#	What?	#	What?	Y/N	Y/N	Y/N	Y/N	0-7		
MON																		
TUE																		
WED																		
THUR																		
FRI																		
SAT																		
SUN																		

Med. Change This Week Homework Assigned and Results this week:	*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 = Automatically used them, didn't help 7 = Automatically used them, helped
---	--

Urges to:	Coming into Session (0-5)	Belief I can Change or Regulate My:	Coming into Session (0-5)
Quit Therapy		Emotions	
Use Drugs		Action	
Commit Suicide		Thoughts	

Skills Focus This Week: _____

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