														Name:						
	tical Beł			py Diar	y Card					<b>.</b>			day fille	d out:_						
Filled Out in Session?											How often did you fill out?				4-6x Once					
Circle										ally	2-3>	<u> </u>	_4-6x		Jnce					
Start	Highest rating Highest Urge to: for each day						Chemical Use/Abuse				Actions			S	Em	otions	Optional			
Day		0										PRN/			-					
_												Over the								
Day of	Commit Suicide	Self- Harm	Use Drugs	Emotion Misery	Physical Misery	Joy	loy Alcohol			Illegal Drugs	Meds as Prescribed	counter meds	Self Harm	Lied	Used Skills*					
week	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									$\vdash$											
THUR									$\vdash$											
FRI																				
SAT									$\square$				-		-	_				
SUN			Mad. Ch		N/a ala				Щ											
1	Med. Change This Week 0 = Not thought abo											it or used	*	Used Ski	<b>IIS</b> ed, could do	them hi	ıt they didn	't heln		
										1 = Thou	ght about, no	ot used, did		5 = Trie	ed, could us	e them, l	nelped			
	Ho	omewo	rk Assign	ed and Re	sults this v	veek:					ght about, no but couldn't	not used, wanted to 6 = Automatically used them, didn't help 't use them 7 = Automatically used them, helped								
F F											Coming into			Belief I can Change or			Coming into Session			
								Urges to: Quit Therapy		Sessi	on (0-5)		Regulate My: Emotions			(0-5)				
									Use Drugs				Action							
										Commit S	Suicide		Thoughts							
Skills Fo	cus This Wo	eek:																		
DBT Dia	ry Card	Fill	ed out tł	nis card?	Daily	2-3	x [	4-6x	Or	nce 🗌 In	Session	Check sk	ills; circle	days skil	l was prac	ticed				
	Wise mi Observe: Just not							ise mind	MON	TUE	WED	THUR	FRI	SAT	SUN					
				$ \ge $		р	escri	he <sup>.</sup> Put v		serve: Ju s on, just		MON MON	TUE TUE	WED WED	THUR THUR	FRI FRI	SAT SAT	SUN		
			— Mi	indfulne	ss /					to the ex		MON	TUE	WED	THUR	FRI	SAT	SUN		
					[					Nonjudg	mentally	MON	TUE	WED	THUR	FRI	SAT	SUN		
	cise)			$\frown$	1				-	: Present		MON	TUE	WED	THUR	FRI	SAT	SUN		
	<u>=</u> xer	_		~			E	Tectively	: FOC	us on wh	DEAR	MON MON	TUE	WED	THUR	FRI FRI	SAT SAT	SUN		
	ep, <u>I</u> tion)			$\neg \vdash$							MAN	MON	TUE	WED	THUR	FRI	SAT	SUN		
	, <u>S</u> le laxa		Interpersonal								GIVE	MON	TUE	WED	THUR	FRI	SAT	SUN		
Effectiveness Walked in the middle path; Dial						FAST	MON	TUE	WED	THUR	FRI	SAT	SUN							
	ad) bsta nusc			$\sim$		N	/alke	d in the r	nidd		Dialectics	MON MON	TUE TUE	WED WED	THUR THUR	FRI FRI	SAT SAT	SUN SUN		
Strategies to change beh								MON	TUE	WED	THUR	FRI	SAT	SUN						
										Checked	the facts	MON	TUE	WED	THUR	FRI	SAT	SUN		
	ful) ry, <u>(</u> od-al	Ô									te action	MON	TUE	WED	THUR	FRI	SAT	SUN		
lei			Emotion Accumulated po								m-solved	MON	TUE	WED	THUR	FRI	SAT SAT	SUN SUN		
	ruth: naste moc reath		<u> </u>		~		۸.	cumulato			otions A	MON	THE		TULID			3010		
orce) tiate) y manr	es, <u>T</u> ruth ild maste void moc		<u> </u>	Regulatior	γ		Ac	cumulate	a pc			MON MON	TUE TUE	WED WED	THUR THUR	FRI FRI		SUN		
einforce) egotiate) Easy manr	values, <u>T</u> ruth , <u>B</u> uild maste g, <u>A</u> void moc Paced Breath		<u> </u>				Ac	cumulate	ea pc	Built m	notions <u>A</u> nastery <u>B</u> l ahead <u>C</u>	MON MON MON	TUE TUE TUE	WED WED WED	THUR THUR THUR	FRI FRI FRI	SAT SAT SAT	SUN SUN		
rt, <u>R</u> einforce) nt, <u>N</u> egotiate) late, <u>E</u> asy manr	k to values, <u>T</u> ruth ions, <u>B</u> uild maste ating, <u>A</u> void moc cise, Paced Breath		<u> </u>				Ac			Built m	nastery <u>B</u> ahead <u>C</u>	MON	TUE TUE TUE	WED	THUR THUR THUR	FRI FRI FRI	SAT SAT SAT	SUN SUN		
Assert, <u>R</u> einforce) fident, <u>N</u> egotiate) /alidate, <u>E</u> asy manr	<u>Stick to values, Truth</u> motions, <u>B</u> uild maste ls, <u>Eating, A</u> void moc eath <u>eath</u>		<u> </u>				ſ	Reduced	d vuli	Built m Coped nerability f current	nastery <u>B</u> ahead <u>C</u> PLEASE emotion	MON MON MON	TUE TUE TUE TUE	WED WED WED WED	THUR THUR THUR THUR	FRI FRI FRI FRI	SAT SAT SAT SAT	SUN SUN SUN		
sss, <u>A</u> ssert, <u>R</u> einforce) confident, <u>N</u> egotiate) ed, <u>V</u> alidate, <u>E</u> asy manr	ies, <u>S</u> tick to values, <u>T</u> ruth ive emotions, <u>B</u> uild maste <u>aL</u> ills, <u>E</u> ating, <u>A</u> void moc use Exercise. Paced Breath		<u> </u>			CRISIS	N	Reduced	d vuli	Built m Coped nerability f current S	nastery <u>B</u>   ahead <u>C</u> r: PLEASE emotion TOP skill	MON MON MON MON	TUE TUE TUE TUE TUE	WED WED WED WED WED	THUR THUR THUR THUR THUR	FRI FRI FRI FRI FRI	SAT SAT SAT SAT SAT	SUN SUN SUN SUN		
xpress, <u>A</u> ssert, <u>R</u> einforce) pear confident, <u>N</u> egotiate) rested, <u>V</u> alidate, <u>E</u> asy manr	ologies, <u>S</u> tick to values, <u>T</u> uth oositive emotions, <u>B</u> uild maste ysica <u>L</u> ills, <u>E</u> ating, <u>A</u> void moc Intense Exercise, Paced Breath		<u> </u>	Regulation		CRISIS	N	Reduced	d vuli	Built m Coped nerability f current S	nastery <u>B</u> ahead <u>C</u> PLEASE emotion	MON MON MON	TUE TUE TUE TUE	WED WED WED WED	THUR THUR THUR THUR	FRI FRI FRI FRI	SAT SAT SAT SAT	SUN SUN SUN		
ee, <u>E</u> xpress, <u>A</u> ssert, <u>R</u> einforce) , <u>Appear confident, <u>N</u>egotiate) Interested, Validate, <u>E</u>asy manr</u>	<u>Apologies</u> , <u>Stick to values</u> , <u>Tuth</u> ate positive emotions, <u>Build maste</u> : <u>PhysicaL</u> ills, <u>Eating</u> , <u>Avoid moc</u> tre. Intense Exercise. Paced Breath			Regulation			N	Reduced	d vuli	Built m Coped nerability f current S Pros a	astery <u>B</u> ahead <u>C</u> PLEASE emotion TOP skill and cons	MON MON MON MON MON	TUE TUE TUE TUE TUE TUE	WED WED WED WED WED WED WED WED WED	THUR THUR THUR THUR THUR	FRI FRI FRI FRI FRI FRI	SAT SAT SAT SAT SAT SAT	SUN SUN SUN SUN SUN		
scribe, <u>E</u> xpress, <u>A</u> ssert, <u>R</u> einforce) dful, <u>A</u> ppear confident, <u>N</u> egotiate) ntle, <u>I</u> nterested, <u>V</u> alidate, Easy manr	r, no <u>Apologies</u> , <u>Stick to values</u> , <u>Truth</u> imulate positive emotions, <u>Build</u> maste Care: <u>PhysicaL</u> ills, <u>Eating</u> , <u>Avoid</u> moc erature. Intense Exercise. Paced Breath			Regulation			N	Reducec Mindfulne	d vuli	Built m Coped nerability f current S Pros a D Self	astery <u>B</u> l ahead <u>C</u> r: PLEASE emotion TOP skill and cons TIP istracted -soothed	MON MON MON MON MON MON MON	TUE TUE TUE TUE TUE TUE TUE TUE	WED	THUR THUR THUR THUR THUR THUR THUR THUR	FRI FRI FRI FRI FRI FRI FRI FRI FRI	SAT SAT SAT SAT SAT SAT SAT SAT SAT	SUN SUN SUN SUN SUN SUN SUN SUN		
( <u>D</u> escribe, <u>E</u> xpress, <u>A</u> ssert, <u>R</u> einforce) <u>M</u> indful, <u>App</u> ear confident, <u>N</u> egotiate) ( <u>G</u> entle, <u>I</u> nterested, Validate, <u>E</u> asy manr	(Fair, no Apologies, Stick to values, Truthful) Accumulate positive emotions, Build mastery, SE (Care: PhysicaL ills, Eating, Avoid mood-a emperature. Intense Exercise, Paced Breathing			Regulation	SI	JRVIV	N S AL	Reducec Mindfulne	d vuli ess o	Built m Coped nerability f current S Pros a D Self- oved the	aastery <u>B</u> l ahead <u>C</u> r: PLEASE emotion TOP skill and cons TIP istracted -soothed moment	MON MON MON MON MON MON MON MON	TUE       TUE	WED 4 WED 4 WED 4 WED 4 WED 4 WED 4 WED 4 WED 4 WED 4	THUR THUR THUR THUR THUR THUR THUR THUR	FRI FRI FRI FRI FRI FRI FRI FRI FRI	SAT SAT SAT SAT SAT SAT SAT SAT SAT SAT	SUN SUN SUN SUN SUN SUN SUN 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)			Regulation	SI F		AL Y	Reducec Mindfulne	d vuli ess o Impre	Built m Coped nerability f current S Pros a D Self	a head <u>C</u> a head <u>C</u> r: PLEASE emotion TOP skill and cons TIP istracted -soothed moment ceptance	MON MON MON MON MON MON MON	TUE TUE TUE TUE TUE TUE TUE TUE	WED	THUR THUR THUR THUR THUR THUR THUR THUR	FRI FRI FRI FRI FRI FRI FRI FRI FRI	SAT SAT SAT SAT SAT SAT SAT SAT SAT	SUN SUN SUN SUN SUN SUN SUN SUN		