

Dialectical Behavior Therapy Weekly Diary Card

NAME:				DATE STARTED:		THIS WEEK, I HAVE AN URGE TO: 0 - Low 5 - High	
HOW OFTEN DID YOU FILL OUT THE CARD ON YOUR OWN?				Prescribed Medication Taken?		Quit indiv. or group therapy	
DAILY	2 - 3x	4 - 6x	ONCE	In Session	YES/NO	Use escape behaviors	
						Commit suicide	
SKILLS USED		0 Not thought about or used	4 Tried, could do them but they didn't help			ABILITY TO REGULATE THIS WEEK: 0 - Low 5 - High	
(Enter a number)		1 Thought about, not used, didn't want to	5 Tried, could use them, helped			Emotions	
		2 Thought about, not used, wanted to	6 Didn't try, used them, didn't help			Thoughts	
		3 Tried but couldn't use them	7 Didn't try, used them, helped			Actions / Behaviors	

TARGET	MON	TUE	WED	THUR	FRI	SAT	SUN
<i>Rank Urges (low) 0 - 5 (high); circle if action taken Or put an * by the number</i>							
Suicide							
Self-Harm							
<i>Rank Emotional Intensity (low) 0 - 5 (high)</i>							
Physical Pain							
Sadness							
Fear / Anxiety							
Shame							
Happiness							
Guilt							
Anger							

DAILY REPORT	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Menstrual Cycle / Menopausal Symptoms	(none) 0 1 2 3 4 5 (intense)
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DBT SKILLS USED

Check days a skill was used

CORE MINDFULNESS (CM) SKILLS	M	T	W	Th	Fri	Sa	Su
Wise Mind							
Observe							
Describe							
Participate							
Non-Judgmental Stance							
One-Mindfully							
Effectively							
Loving Kindness							
Balancing Doing Mind and Being Mind							
Walking the Middle Path to Wise Mind							
Pros and Cons of Using Mindfulness							
Mindfulness of Pleasant Events							
INTERPERSONAL EFFECTIVENESS (IE) SKILLS							
Objective Effectiveness: DEAR MAN							
Relationship Effectiveness: GIVE							
Self-Respect Effectiveness: FAST							
Options for Intensity							
Pros and Cons of Using IE Skills							
Prioritizing Goals							
Troubleshooting IE Skills							
Finding and Getting People to Like You							
Mindfulness of Others							
Ending Relationships							
Think and Act Dialectically							
Self-Validation							
Validating Others							
Changing Behavior with Reinforcement							
DISTRESS TOLERANCE WHEN THE CRISIS IS ADDICTION							
Dialectical Abstinence							
Adaptive Denial							
Alternate Rebellion							

EMOTION REGULATION (ER) SKILLS	M	T	W	Th	Fri	Sa	Su
Identifying Primary Emotions							
Pros and Cons of Changing Emotions							
Check the Facts							
Opposite to Emotion Action							
Problem Solving							
Accumulate Positive Emotion Short Term							
Accumulate Positive Emotion Long Term							
Building Mastery							
Cope Ahead							
PLEASE Skills							
Nightmare Protocol							
Sleep Hygiene							
Mindfulness of Current Emotions							
Managing Extreme Emotions							
Troubleshooting ER Skills							
DISTRESS TOLERANCE (DT) SKILLS							
STOP Skill							
Pros and Cons of using DT Skills							
TIP Skills							
Distract with Wise Mind ACCEPTS							
Self-Soothing							
IMPROVE the Moment							
Body Scan Meditation							
Sensory Awareness							
Radical Acceptance							
Turning the Mind							
Willingness							
Half-Smiling and Willing Hands							
Mindfulness of Current Thoughts							
OTHER SKILLS USED							