

DBT Diary Card	Fill in Day of Week:							How many times did you fill out this card this week?				
								__Daily	__4-6x	__2-3x	__Once	__In session
Core Mindfulness								1	Wise mind			
								2	Observe: Just notice (Urge surfing)			
								3	Describe: Put words on (Just the facts)			
								4	Participate: Enter into the experience			
								5	Nonjudgmentally			
								6	One-mindfully: Present moment (Daily meditation)			
								7	Effectively: Focus on what works			
Interpersonal Effectiveness								8	DEAR (Describe, Express, Assert, Reinforce)			
								9	MAN (Mindful, Appear confident, Negotiate)			
								10	GIVE (Gentle, Interested, Validate, Easy manner)			
								11	FAST (Fair, no Apologies, Stick to values, Truthful)			
								12	Walked the middle path; Dialectics			
								13	Validation (Self & Others)			
								14	Strategies to change behavior: Reinforcement, Negative Reinforcement, Shaping, Punishment, Extinction.			
Emotional Regulation								15	Checked the facts			
								16	Did opposite action			
								17	Problem-solved			
								18	Accumulated positive emotions			
								19	Built mastery (Time, Work, Love, Place, Money)			
								20	Coped ahead			
								21	Reduced vulnerability: PLEASE (Care: P hysical illness, E ating, A void mood-altering substances, S leep, E xercise)			
							22	Mindfulness of current emotion (Observe, Wave, Let go of Suffering)				
Distress Tolerance								23	STOP skill		CRISIS	
								24	Pros and cons		SURVIVAL	
								25	TIP (Temperature, Intense exercise, Paced breathing, Pair muscle relaxation)			
								26	Distract (Wise mind accepts)			
								27	Self-soothe (Five senses: Sound, Sight, Touch, Taste, Smell)			
								28	IMPROVE the moment (Imagery, M eaning, P rayer, R elaxation, O ne thing in the moment, V acation, E ncouragement)			
								29	Radical acceptance		REALITY	
								30	Half-smiling, Willing hands		ACCEPT	
								31	Willingness, Mindfulness of current thoughts, Turn the mind			
Developed by Highland Park Counseling Associates LLC http://highlandpca.com												
							Rate Daily Skill Use (0-7)					

Dialectic Behavioral Therapy Diary Card				Name: _____				Last Day Filled Out: / /				How many times did you fill out this card this week? __Daily __4-6x __2-3x __Once __In session								
Fill in Day of Week:	Highest urge to:			Actions		Highest rating per day:				Other Emotions		Drugs & Medication						Optional		
	Commit Suicide	TB / Self-Harm	Use Drugs	TB / Self-Harm	Lied, Omit Facts	Misery		Joy	Shame			Alcohol		Illegal Drugs		Rx or O.T.C. Meds.		As pre-scribed		
						Emo-tional	Phys-ical					#	#	#	What?	#	What?	#		
0-5	0-5	0-5	Y/N	#	0-5	0-5	0-5	0-5				#	What?	#	What?	#	What?	Y/N		

Doors open to Target Behavior or suicide:				Used Skills							
				0: Not thought about or used			4: Tried, could do them, but they didn't help				
Apparently unimportant behavior:				1: Thought about, not used, didn't want to			5: Tried, could use them, helped				
				2: Thought about, not used, wanted to			6: Automatically used them, didn't help				
Homework, Assigned & Results this week:				3: Tried but couldn't use them			7: Automatically used them, helped				
				Urges to:		Before Session	After Session	Belief I can change or regulate my:		Before Session	After Session
				Quit Therapy				Emotions			
				Use Drugs				Actions			
Did a Chain Analysis? __Yes __No				Commit Suicide				Thoughts			
Skill Focus this week:				Target Behaviors:							

Sunday																				
Monday																				
Tuesday																				
Wednesday																				
Thursday																				
Friday																				
Saturday																				