

Core Mindfulness	1 Wise Mind -balance of both facts and emotions. Not impulsive.	mo	tu	we	th	fr	sa	su
	2 Observe -notice emotions, thoughts, sensations, environment. Don't let emotions lead you.	mo	tu	we	th	fr	sa	su
	3 Describe -label what you notice. Put a word on what you notice.	mo	tu	we	th	fr	sa	su
	4 Participate -jump in despite the emotions that you feel.	mo	tu	we	th	fr	sa	su
	5 Non-Judgmental -describe with facts. Don't assume or use 'should'. Let go of judgments.	mo	tu	we	th	fr	sa	su
	6 One Thing in the Moment -focus on one thing at a time to avoid feeling overwhelmed.	mo	tu	we	th	fr	sa	su
	7 Effective -Do what works. Follow the rules of the moment. Let go of pride, spite.	mo	tu	we	th	fr	sa	su
	8 Urge Surf -ride out urges since they are temporary.	mo	tu	we	th	fr	sa	su
	9 Alternate Rebellion -when feeling trapped, rebel in a way that is not dangerous.	mo	tu	we	th	fr	sa	su
Distress Tolerance	10 Distract with ACCEPTS - 7 ways to change focus when emotions are intense.	mo	tu	we	th	fr	sa	su
	11 Self-Soothe -use the 5 senses to calm yourself, especially when emotions are intense.	mo	tu	we	th	fr	sa	su
	12 IMPROVE the moment-7 types of skills to tolerate reality when emotions are intense.	mo	tu	we	th	fr	sa	su
	13 Pros/cons -structured method to help decide on a course of action.	mo	tu	we	th	fr	sa	su
	14 Mindful Breathing -observe your breath. Let go of distractions.	mo	tu	we	th	fr	sa	su
	15 Half Smile -relax into a smile. This can calm your emotions.	mo	tu	we	th	fr	sa	su
	16 Awareness -observe your connection to your environment in this moment.	mo	tu	we	th	fr	sa	su
	17 Radical Acceptance -deeply accept reality. It is what it is. Don't fight reality.	mo	tu	we	th	fr	sa	su
	18 Willingness -be open to participating. Don't sit on your hands or resist reality.	mo	tu	we	th	fr	sa	su
	19 Burn Bridges -avoid people, places, or things that trigger target behaviors.	mo	tu	we	th	fr	sa	su
Interpersonal Effectiveness	20 Adaptive Denial -Focus on the task in the moment, don't focus on the total longterm goal.	mo	tu	we	th	fr	sa	su
	21 DEARMAN -Ask skillfully or say no skillfully.	mo	tu	we	th	fr	sa	su
	22 GIVE -Tend to relationships gently. Be interested, validate, use easy manner.	mo	tu	we	th	fr	sa	su
	23 FAST -Maintain self respect. Be fair, Don't over-apologize. Stick to your values, Be truthful.	mo	tu	we	th	fr	sa	su
Emotion Regulation	24 Cheerleading -empower yourself by counteracting worried thoughts.	mo	tu	we	th	fr	sa	su
	25 Build Mastery -Do something challenging daily to feel confident and competent.	mo	tu	we	th	fr	sa	su
	26 Pleasant Activities -Mindfully plan and participate in daily joyful activities.	mo	tu	we	th	fr	sa	su
	27 PLEASE -attend to eating, sleep, illness, exercise. Avoid drugs to reduce emotion vulnerability.	mo	tu	we	th	fr	sa	su
	28 Check The Facts -assess the accuracy of facts and whether they fit intensity & type of emotions.	mo	tu	we	th	fr	sa	su
	29 Act Opposite to Current Emotion -Do the opposite of the urge for each emotion.	mo	tu	we	th	fr	sa	su
	30 Problem Solving -ID problem, Brainstorm solutions, choose the best, make & use steps to solve.	mo	tu	we	th	fr	sa	su
	31 Cope Ahead -Imagine future stressors and plan how to skillfully cope with them.	mo	tu	we	th	fr	sa	su
Middle Path	32 TIP -Tolerate intense emotions with Temperature, Intense Exercise, Progressive Relaxation.	mo	tu	we	th	fr	sa	su
	33 Validation -acknowledge what you or they are experiencing, without trying to fix it.	mo	tu	we	th	fr	sa	su
	34 Positive Reinforcement -increase the chance that you or they repeat the desired behavior.	mo	tu	we	th	fr	sa	su
	35 Dialectic Action -seek the truth in each perspective to create a middle path solution.	mo	tu	we	th	fr	sa	su
	36 Long Term Goals -plan and attempt one step toward goals daily.	mo	tu	we	th	fr	sa	su
	37 Build Structure -actively participate in structured work and play daily.	mo	tu	we	th	fr	sa	su

Dialectical Behavior Therapy Diary Card

Name:

Date Started:

Was the card filled out daily?

Day	Drugs of all types				Self Harm		Suicidal		Other Behaviors			Lies	Emotions							Skills
	Urges to Street Drugs Use 0-5	Alcohol	Prescription Meds	Urge 0-5	Acts y/n	Urge 0-5	Acts y/n				# of Lies	Anger 0-5	Sad 0-5	Joy 0-5	Fear 0-5	Shame or Guilt 0-5	Misery 0-5	How They Were Used		
Mon																				
Tue																				
Wed																				
Thu																				
Fri																				
Sat																				
Sun																				

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Important events from the week:

How were the skills used?

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, did them, but they didn't help.

5=Tried, could use them, THEY HELPED!

6=Didn't try, used them, didn't help.

7=Didn't try, used them, THEY HELPED!