

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	<b>DEAR</b> (Describe, Express, Assert, Reinforce)			
								9	<b>MAN</b> (Mindful, Appear confident, Negotiate)			
								10	<b>GIVE</b> (Gentle, Interested, Validate, Easy manner)			
								11	<b>FAST</b> (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: <b>PLEASE</b> (Care: Physical illness, Eating, Avoid mood-altering substances, Sleep, Exercise)			
							22	Mindfulness of current emotion (Observe, Wave, Let go of Suffering)				
Distress Tolerance								23	STOP skill <b>CRISIS</b>			
								24	Pros and cons <b>SURVIVAL</b>			
								25	<b>TIP</b> (Temperature, Intense exercise, Paced breathing, Pair muscle relaxation)			
								26	Distract (Wise mind accepts)			
								27	Self-soothe (Five senses: Sound, Sight, Touch, Taste, Smell)			
								28	<b>IMPROVE</b> the moment (Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement)			
								29	Radical acceptance <b>REALITY</b>			
								30	Half-smiling, Willing hands <b>ACCEPT</b>			
								31	Willingness, Mindfulness of current thoughts, Turn the mind			
Developed by Highland Park Counseling Associates LLC <a href="http://highlandpca.com">http://highlandpca.com</a>												
							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 prescribed		
						Emotional	Physical					#	What?	#	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																				