

DBT DIARY CARD

NAME: _____

DATE: _____

Targets													Emotions						
Date	Self Harm		Suicidal Ideation	Misery									Self-Acceptance	Compassion	Anger	Joy	Shame	Sadness	Fear
	Urge	Action	0-5	0-5	Urge	Action	Urge	Action	Urge	Action	Urge	Action	0-5	0-5	0-5	0-5	0-5	0-5	0-5

SUICIDAL IDEATION: 0 = No thoughts 1 = Fleeting thoughts 2 = More intense 3 = Very Intense 4 = Developing specific plan 5 = Acting on plan
INTENSITY: 0 = Not at all 1 = A bit 2 = Somewhat 3 = Rather Strong 4 = VERY Strong 5 = EXTREMELY STRONG
 How often did you fill in your diary card? _____ DAILY _____ 2 / 3 X'S WK _____ 1X WK Urge to quit therapy? _____

Notes for the Week:

Mon	Agenda Items:
Tue	
Wed	
Thurs	
Fri	
Sat	
Sun	

Times needed to use telephone consultation? _____

Times did use telephone consultation? _____

DBT SKILLS USED

Fill in the number for the degree to which you used the skill.

1. Realized afterwards that I should have used skill.
2. Thought about skill but chose not to use it.
3. Realized afterwards that I did use skill effectively.
4. Mindfully tried to use skill but wasn't effective.
5. Mindfully used skill effectively.

M T W T F S S

Core Mindfulness									Wise Mind: Accessed wisdom. Know truth. Be centered and calm. Balanced Emotional Mind and Reasonable Mind. Meditate.
									Observe: Just notice the experience. "Teflon mind." Control your attention. Smell the roses. Experience what is happening.
									Describe: Put experiences into words. Describe to yourself what is happening. Put words on the experience.
									Participate: Enter into the experience. Act intuitively from wise mind. Practice changing the harmful and accepting yourself.
									Nonjudgmental stance: See but don't evaluate. Unglue your opinions. Accept each moment.
									One-mindfully: Be in-the-moment. Do one thing at a time. Let go of distractions. Concentrate your mind on the task at hand.
									Effectiveness: Focus on what works. Learn the rules. Play by the rules. Act skillfully. Let go of vengeance and useless anger.
Inter. Eff.									Objective effectiveness: DEAR MAN: Describe. Express. Assert. Reinforce. Mindful. Appear confident. Negotiate.
									Relationship effectiveness: GIVE: Gentle. Interested. Validation. Easy manner.
									Self-respect effectiveness: FAST: Fair. No Apologies. Stick to values. Be Truthful. Cheerleading.
									Prioritizing: Ranking the importance of your objective, the relationship, and self-respect.
									Challenging myths and beliefs: Dispute the thoughts and beliefs that reduce interpersonal effectiveness.
									Options for intensity: Determining how strongly to ask for or say no to something.
Emotion Regulation									Identifying primary emotions: Use the model of emotions to identify your primary emotions.
									Checking the facts: Identify the facts of the situation (rather than thoughts, interpretations, or beliefs).
									Problem solving: Identify the problem, check the facts, identify your goal, brainstorm solutions, evaluate solutions, and put a solution into action.
									Opposite-to-emotion action: Change emotions by acting opposite to the current emotion (when it isn't justified). Approach rather than avoid.
									Acquire positives in the short term: Doing pleasurable things that you can do now.
									Acquire positives in the long term: Making choices that match morals and values.
									Build mastery: Try to do one (hard or challenging) thing a day to make yourself feel competent and in control.
									Cope ahead: Imagine how you would skillfully cope with a situation before you are in it.
									PLEASE: Reduce vulnerability, treat: Physical illness, balance Eating. Avoid drugs, balance Sleep. Exercise daily.
									Letting go of emotional suffering: Attending to emotional experiences.
									Managing extreme emotions: Crisis survival skills, mindfulness of current emotions, apply emotion regulation skills.
									Troubleshooting emotion regulation: Steps to follow when changing your emotion doesn't work.
Distress Tolerance									TIPP: Temperature. Intense exercise. Progressive muscle relaxation. Paced breathing.
									Distract: Wise Mind ACCEPTS Activities. Contributing. Comparisons. Emotions. Pushing away. Thoughts. Sensations.
									Self-soothe with the 5 senses. Enjoy sights, sounds, smells, tastes and touch. Be mindful of soothing sensations.
									IMPROVE the moment: Imagery. Meaning. Prayer. Relaxation. One thing in the moment. Vacation. Encouragement.
									Pros and cons: think about the +/- aspects of tolerating distress and the +/- aspects of not tolerating distress (engaging in impulsive behavior)
									Observing your breath: Breathing to center yourself.
									Half-smile: If you can't change your feelings, change your face. Create posture of acceptance, willingness, and openness to experience.
									Awareness exercises: Focus attention on allowing yourself to tolerate distress.
									Radical acceptance: Choose to recognize and accept reality. Freedom from suffering = acceptance of facts from deep within / not approval.
									Turning the mind: Choosing over and over again to accept even though emotion mind wants to reject reality.
									Willingness: Doing what is needed in each situation.
Other									Validate yourself
									Validate someone else
									Recognized need for skill but didn't know which one. (Check which day of the week)