

Circle Start Day Day Of Week	Highest Urge To:			Highest Rating For Each Day			Drugs/Medications						Actions				Emotions		Optional		
	Kill myself	Hurt myself	Use Alcohol or Drugs	Emotion Misery	Physical Misery	Joy	Alcohol		Illegal Drugs		Meds. As Prescribed	Over the Counter Meds.		Hurt Myself	Skills	Lied	HIV High Risk				
	0-5	0-5	0-5	0-5	0-5	0-5	#	What?	#	What?	Y/N	#	What?	Y/N	0-7	#					
MON																					
TUE																					
WED																					
THUR																					
FRI																					
SAT																					
SUN																					

Homework Assigned This Week:	* USED	SKILLS:
Homework Results This Week:	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, could do them but they didn't help 5 = Tried, could use them, helped 6 = Automatically used them, didn't help 7 = Automatically used them, helped
Goal progress this week (circle): 1 2 3 4 5 a lot less no change a lot more	Urge to: _____ Coming into Session (0-5)	Belief I can change and make things better Coming into Session (0-5)
	Quit Therapy _____ Use Drugs _____ Kill Myself _____	Emotions: _____ Action: _____ Thoughts: _____

DBT Skills Diary Card							Skills to focus on this week:
Check skills; circle days skill was practiced							Filled out this card? ___ Daily ___ 2-3x ___ 4-6x ___ Once ___ In session
MON	TUE	WED	THUR	FRI	SAT	SUN	Wise mind
MON	TUE	WED	THUR	FRI	SAT	SUN	Observe: just notice
MON	TUE	WED	THUR	FRI	SAT	SUN	Describe: put words on, just the facts
MON	TUE	WED	THUR	FRI	SAT	SUN	Participate: enter into the experience
MON	TUE	WED	THUR	FRI	SAT	SUN	Non-judgmental stance
MON	TUE	WED	THUR	FRI	SAT	SUN	One-mindfully: present moment
MON	TUE	WED	THUR	FRI	SAT	SUN	Effectiveness: focus on what works
MON	TUE	WED	THUR	FRI	SAT	SUN	Dialectics
MON	TUE	WED	THUR	FRI	SAT	SUN	Validation
MON	TUE	WED	THUR	FRI	SAT	SUN	Strategies for increasing behavior
MON	TUE	WED	THUR	FRI	SAT	SUN	Strategies for decreasing behavior
MON	TUE	WED	THUR	FRI	SAT	SUN	STOP Skill
MON	TUE	WED	THUR	FRI	SAT	SUN	Pros and Cons
MON	TUE	WED	THUR	FRI	SAT	SUN	TIP
MON	TUE	WED	THUR	FRI	SAT	SUN	Distracted
MON	TUE	WED	THUR	FRI	SAT	SUN	Self-Soothed
MON	TUE	WED	THUR	FRI	SAT	SUN	Improved the moment
MON	TUE	WED	THUR	FRI	SAT	SUN	Radical Acceptance
MON	TUE	WED	THUR	FRI	SAT	SUN	Half-smiling, Willing Hands
MON	TUE	WED	THUR	FRI	SAT	SUN	Willingness, Alternate Rebellion
MON	TUE	WED	THUR	FRI	SAT	SUN	Checked the Facts
MON	TUE	WED	THUR	FRI	SAT	SUN	Opposite-to Emotion-Action
MON	TUE	WED	THUR	FRI	SAT	SUN	Problem Solved
MON	TUE	WED	THUR	FRI	SAT	SUN	Reduced Vulnerability (PLEASE)
MON	TUE	WED	THUR	FRI	SAT	SUN	Accumulated Positive Experiences
MON	TUE	WED	THUR	FRI	SAT	SUN	Built Mastery
MON	TUE	WED	THUR	FRI	SAT	SUN	Coped Ahead
MON	TUE	WED	THUR	FRI	SAT	SUN	Clarified goals
MON	TUE	WED	THUR	FRI	SAT	SUN	DEAR
MON	TUE	WED	THUR	FRI	SAT	SUN	MAN
MON	TUE	WED	THUR	FRI	SAT	SUN	GIVE
MON	TUE	WED	THUR	FRI	SAT	SUN	FAST

