

| Circle Start Day<br>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<br>1 = Thought about, not used, didn't want to<br>2 = Thought about, not used, wanted to<br>3 = Tried but couldn't use them | 4 = Tried, could do them but they didn't help<br>5 = Tried, could use them, helped<br>6 = Automatically used them, didn't help<br>7 = Automatically used them, helped |
| Goal progress this week (circle):<br>1 2 3 4 5<br>a lot less no change a lot more | Urge to: _____<br>Coming into Session (0-5)   | Belief I can change .... and make things better<br>Emotions: _____<br>Action: _____<br>Thoughts: _____<br>Coming into Session (0-5)                                   |

| 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  |