

# 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

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