

DBT Diary Card

NAME: _____

DATE: _____

Highest Urge				Targets				Emotions (Emotional Intensity Scale)								
Date	Self Harm		Suicidal Ideation					Self Acceptance	Compassion	Anger	Joy	Shame	Sadness	Fear	Emotional Misery	Physical Misery
	Urge 0-10	Action	0-10					0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5

SUICIDAL IDEATION & SELF HARM URGES: 0 = No thoughts 2 = Fleeting thoughts 4 = More intense 6 = Very Intense 8 = Developing specific plan 10 = Acting on plan

EMOTIONAL 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 ___ 4-6x WK ___ 2-3x WK ___ 1x WK ___ In session

COMING INTO SESSION: Urge to quit therapy? ___ Urge to commit suicide? ___ Ability to Self-Regulate Thoughts/Emotions/Behaviors? ___

Notes for the Week:

Mon	Agenda Items:
Tue	
Wed	
Thurs	
Fri	
Sat	
Sun	

DBT SKILLS USED	Circle the days in which you used the corresponding skills							Circle the days in which you used the corresponding skills							
CORE MINDFULNESS (CM) SKILLS								EMOTION REGULATION (ER) SKILLS							
Wise Mind	M	T	W	Th	F	Sa	Su	Identifying Primary Emotions	M	T	W	Th	F	Sa	Su
Observe	M	T	W	Th	F	Sa	Su	Pros and Cons of Changing Emotions	M	T	W	Th	F	Sa	Su
Describe	M	T	W	Th	F	Sa	Su	Check the Facts	M	T	W	Th	F	Sa	Su
Participate	M	T	W	Th	F	Sa	Su	Opposite to Emotion Action	M	T	W	Th	F	Sa	Su
Nonjudgmental Stance	M	T	W	Th	F	Sa	Su	Problem Solving	M	T	W	Th	F	Sa	Su
One-Mindfully	M	T	W	Th	F	Sa	Su	Accumulating Positive Emotions in Short Term	M	T	W	Th	F	Sa	Su
Effectively	M	T	W	Th	F	Sa	Su	Accumulating Positive Emotions in Long Term	M	T	W	Th	F	Sa	Su
Loving Kindness	M	T	W	Th	F	Sa	Su	Building Mastery	M	T	W	Th	F	Sa	Su
Balancing Doing Mind and Being Mind	M	T	W	Th	F	Sa	Su	Cope Ahead	M	T	W	Th	F	Sa	Su
Walking the Middle Path to Wise Mind	M	T	W	Th	F	Sa	Su	PLEASE Skills	M	T	W	Th	F	Sa	Su
Pros and Cons of Practicing Mindfulness	M	T	W	Th	F	Sa	Su	Nightmare Protocol	M	T	W	Th	F	Sa	Su
Mindfulness of Pleasant Events	M	T	W	Th	F	Sa	Su	Sleep Hygiene	M	T	W	Th	F	Sa	Su
INTERPERSONAL EFFECTIVENESS (IE) SKILLS								DISTRESS TOLERANCE (DT) SKILLS							
Objective Effectiveness: <i>DEAR MAN</i>	M	T	W	Th	F	Sa	Su	Mindfulness of Current Emotions	M	T	W	Th	F	Sa	Su
Relationship Effectiveness: <i>GIVE</i>	M	T	W	Th	F	Sa	Su	Managing Extreme Emotions	M	T	W	Th	F	Sa	Su
Self-Respect Effectiveness: <i>FAST</i>	M	T	W	Th	F	Sa	Su	Troubleshooting ER skills	M	T	W	Th	F	Sa	Su
Options for Intensity	M	T	W	Th	F	Sa	Su	STOP Skill	M	T	W	Th	F	Sa	Su
Pros and Cons of Using IE Skills	M	T	W	Th	F	Sa	Su	Pros and Cons of Using DT Skills	M	T	W	Th	F	Sa	Su
Prioritizing Goals	M	T	W	Th	F	Sa	Su	TIP Skills	M	T	W	Th	F	Sa	Su
Troubleshooting IE Skills	M	T	W	Th	F	Sa	Su	Distract with Wise Mind ACCEPTS	M	T	W	Th	F	Sa	Su
Finding and Getting People to Like you	M	T	W	Th	F	Sa	Su	Self-Soothing	M	T	W	Th	F	Sa	Su
Mindfulness of Others	M	T	W	Th	F	Sa	Su	IMPROVE the Moment	M	T	W	Th	F	Sa	Su
Ending Relationships	M	T	W	Th	F	Sa	Su	Body Scan Meditation	M	T	W	Th	F	Sa	Su
Think and Act Dialectically	M	T	W	Th	F	Sa	Su	Sensory Awareness	M	T	W	Th	F	Sa	Su
Self-Validation	M	T	W	Th	F	Sa	Su	Radical Acceptance	M	T	W	Th	F	Sa	Su
Validating Others	M	T	W	Th	F	Sa	Su	Turning the Mind	M	T	W	Th	F	Sa	Su
Changing Behavior with Reinforcement	M	T	W	Th	F	Sa	Su	Willingness	M	T	W	Th	F	Sa	Su
OTHER SKILLS USED								Half-Smiling							
	M	T	W	Th	F	Sa	Su	Willing Hands	M	T	W	Th	F	Sa	Su
	M	T	W	Th	F	Sa	Su	Mindfulness of Current Thoughts	M	T	W	Th	F	Sa	Su
	M	T	W	Th	F	Sa	Su	Alternate Rebellion	M	T	W	Th	F	Sa	Su
	M	T	W	Th	F	Sa	Su	Adaptive Denial	M	T	W	Th	F	Sa	Su
Times needed to use phone coaching? _____ Times did use phone coaching? _____ Taking medication as prescribed? Y / N								Filled out this side? ____ Daily ____ 2-3x ____ 4-6x ____ Once ____ In session							