

Dialectical Behavior Therapy Diary Card		Instructions: Circle the day you worked on each skill		Filled out in session? Y N			How often did you fill out this side? ___ Daily ___ 2-3x ___ Once			
1. Wise Mind		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
2. Observe: just notice (Urge Surfing)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
3. Describe: put words on		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
4. Participate: enter into the experience		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
5. Nonjudgmental stance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
6. One-mindfully: in-the-moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
7. Effectiveness: focus on what works		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
8. Objective effectiveness: DEAR MAN		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
9. Relationship effectiveness: GIVE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
10. Self-respect effectiveness: FAST		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
11. Reduce vulnerability: ABC PLEASE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
12. Accumulate positive emotions		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
13. Check the facts		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
14. Opposite-to-emotion action (Alt. Rebellion)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
15. Distract (Adaptive Denial)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
16. Self-soothe		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
17. Improve the moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
18. TIP (Temperature, Intense Sensations, PMR)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
19. Pros and cons		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
20. Radical acceptance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
21. Building structure // Work		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
22. Building structure // Love		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
23. Building structure // Time		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
24. Building structure // Place		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		

Dialectical Behavior Therapy Diary Card		Instructions: Complete the form below.		Filled out in session? Y N				How often did you fill out this side? ___ Daily ___ 2-3x ___ Once									
Day & Date	URGES TO...			EMOTIONS					DRUGS				ACTIONS				
	Use	Suicide	S-H	Phys. Pain	Sad/Grief	Shame	Anger/Irr.	Fear/Anx.	Illicit Drugs	Alcohol	Rx	OTC	S-H	Lying	Joy	Skills	R
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	# / type	# / type	# / type	# / type	Y/N	#	0-5	0-7*	✓
Mon /																	
Tues /																	
Wed /																	
Thurs /																	
Fri /																	
Sat /																	
Sun /																	
Apparently Unimportant Behaviors: Keeping Doors to Use Open:				*USED SKILLS 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 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped								
Urge to use (0-5): Urge to quit therapy (0-5): Urge to suicide (0-5):				Before therapy session: _____ Before therapy session: _____ Before therapy session: _____					After therapy session: _____ After therapy session: _____ After therapy session: _____					Modified by Eric Gadol 5/5/15			

