Dialectical Behavior Therapy Skills Diary Card	Skill focus this week:	Filled out in session Y N (Circle)	How often did you fill out this portion? ____ Daily ____ 2-3x ____ 4-6x ____ Once	Started: Date_____/_____/_____

Circle Start Day / Day of Week	Highest Urge To: Commit Suicide	Self Harm	Use TB	Use TB	Highest Rating For Each Day: Physical Misery	Sadness	Fear	Shame & Guilt	Anger	Joy	Love	Actions: Self Harm	Target Behavior	Target Behavior	Used Skills*	Reinforce
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	Y/N	Y/N	Y/N	0-7	✓
MON																
TUE																
WED																
THU																
FRI																
SAT																
SUN																

Is the door to Suicide/self-harm open? If so how?

Homework assigned and results this week:

***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 = Automatically used them, didn't help
7 = Automatically used them, helped

Urge to: (0-5)	Session Coming in	Session After	Belief I can change or regulate my: (0-5)	Session Coming in	Session After
Quit Therapy			Emotions:		
Use Drugs			Action:		
Commit Suicide			Thoughts:		

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DBT Skills Diary Card	Filled out this part? Daily 2-3x 4-6x Once In session	Circle days skill was practiced

	MON	TUE	WED	THUR	FRI	SAT	SUN	
Mindfulness	MON	TUE	WED	THUR	FRI	SAT	SUN	**Wise Mind**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Observe** (urge surfing, just notice)
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Describe** (put words on)
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Participate** (enter into the experience)
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Non-judgmentally** (just the facts: avoid "bad", "should", "stupid", etc.)
	MON	TUE	WED	THUR	FRI	SAT	SUN	**One-mindfully** (present moment)
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Effectiveness** (focus on what works)
Interpersonal Effectiveness	MON	TUE	WED	THUR	FRI	SAT	SUN	**Clarify interpersonal goals**
	MON	TUE	WED	THUR	FRI	SAT	SUN	***D*escribe ___, *E*xpress ___, *A*ssert ___, *R*einforce ___ (DEAR)**
	MON	TUE	WED	THUR	FRI	SAT	SUN	***M*indful: Broken record ___, Ignore attacks ___**
	MON	TUE	WED	THUR	FRI	SAT	SUN	***A*ppear confident ___, *N*egotiate ___ (MAN)**
	MON	TUE	WED	THUR	FRI	SAT	SUN	***G*entle ___, act *I*nterested ___, *V*alidate ___, *E*asy Manner ___ (GIVE)**
	MON	TUE	WED	THUR	FRI	SAT	SUN	***F*air ___, no *A*pologies ___, *S*tick to values ___, be *T*ruthful ___ (FAST)**
Emotion Regulation	MON	TUE	WED	THUR	FRI	SAT	SUN	**Build or end relationships**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Dialectics**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Validation**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Strategies to change behavior**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Check the facts**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Do opposite action**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Problem solve** (challenge thinking, turn the mind)
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Accumulate positives A**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Build mastery B**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Cope Ahead C**
	MON	TUE	WED	THUR	FRI	SAT	SUN	***P*hysica*L* ill___, *E*at___, *A*void drugs___, *S*leep___, *E*xercise___ (PLEASE)**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Mindfulness of Current Emotion** (it is a wave, let it come and go)
Distress Tolerance	MON	TUE	WED	THUR	FRI	SAT	SUN	**STOP** (*S*top, *T*ake a step back, *O*bserve, *P*roceed mindfully)
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Pros and Cons** (of acting on urges)
	MON	TUE	WED	THUR	FRI	SAT	SUN	***T*emperature ___, *I*ntense Exercise___, Paced breathing_____, Paired muscle relaxation___ (TIP)**
	MON	TUE	WED	THUR	FRI	SAT	SUN	***A*ctivities___, *C*ontribute___, *C*ompare___, change *E*motion___, *P*ush away thoughts___, substitute other *T*houghts___, intense *S*ensations (Distract with "Wise Mind ACCEPTS")**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Self-soothe** (the five senses)
	MON	TUE	WED	THUR	FRI	SAT	SUN	***I*magery___, *M*eaning-making___, *P*rayer___, *R*elaxation___, *O*ne-thing-in-the-moment___, mini-*V*acation___, *E*ncourage yourself ___ (IMPROVE the moment)**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Radical Acceptance**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Turn the mind**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Willingness**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Half-smile or willing hands**
	MON	TUE	WED	THUR	FRI	SAT	SUN	**Mindfulness of current thoughts**

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