

Dialectical Behavior Therapy Skills Diary Card							Initials _____ ID # _____		Filled out in Session? Y N (Circle)		How often did you fill out this side? ___ Daily ___ 2-3x ___ 4-6x ___ Once		Started: Date ___/___/___						
Circle Start Day Day Of Week	Highest Urge To:			Highest Rating For Each Day			Drugs/Medications						Actions		Emotions		Optional		
	Commit Suicide	Self Harm	Use Drugs	Emotion . Misery	Physical Misery	Joy	Alcohol		Illicit Drugs		Meds. As Prescribed	PRN/Over the Counter		Self Harm	Skills				
	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																			

Chain Analysis Notes	* 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:	Coming into Session (0-5)	Ability to self-regulate/self-control:	Coming into Session (0-5)
	Quit Therapy		Emotions:	
	Use Drugs		Action:	
Med Changes/Other:	Commit Suicide		Thoughts:	

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DBT Skills Diary Card							Filled out this side? ___ Daily ___ 2-3x ___ 4-6x ___ Once ___ In session		Check skills; circle days skill was practiced	
MON	TUE	WED	THUR	FRI	SAT	SUN	1. Wise mind			
MON	TUE	WED	THUR	FRI	SAT	SUN	2. Observe (just notice)			
MON	TUE	WED	THUR	FRI	SAT	SUN	3. Describe (put words on, just the facts)			
MON	TUE	WED	THUR	FRI	SAT	SUN	4. Participate (enter into the experience)			
MON	TUE	WED	THUR	FRI	SAT	SUN	5. Non-judgmental			
MON	TUE	WED	THUR	FRI	SAT	SUN	6. One-mindfully (present moment)			
MON	TUE	WED	THUR	FRI	SAT	SUN	7. Effectiveness (focus on what works)			
MON	TUE	WED	THUR	FRI	SAT	SUN	8. Figure out interpersonal goals			
MON	TUE	WED	THUR	FRI	SAT	SUN	9. DEAR (Describe, Express, Assert, Reinforce)			
MON	TUE	WED	THUR	FRI	SAT	SUN	10. MAN –Mindful (Broken Record, Ignore Attacks)			
MON	TUE	WED	THUR	FRI	SAT	SUN	11. MAN (Appear confident, Negotiate)			
MON	TUE	WED	THUR	FRI	SAT	SUN	12. GIVE (Gentle, Interested, Validate, Easy manner)			
MON	TUE	WED	THUR	FRI	SAT	SUN	13. FAST (Fair, no-Apologies, Stick to values, Truthful)			
MON	TUE	WED	THUR	FRI	SAT	SUN	14. Attend to relationships			
MON	TUE	WED	THUR	FRI	SAT	SUN	15. Describing emotions			
MON	TUE	WED	THUR	FRI	SAT	SUN	16. Opposite-to-emotion action			
MON	TUE	WED	THUR	FRI	SAT	SUN	17. Problem solving			
MON	TUE	WED	THUR	FRI	SAT	SUN	18., Accumulate positives (Positive events or Valued Actions)			
MON	TUE	WED	THUR	FRI	SAT	SUN	19. Build mastery, Cope ahead			
MON	TUE	WED	THUR	FRI	SAT	SUN	20. PLEASE (Physical ills, Eating, Avoid drugs, Sleep, Exercise)			
MON	TUE	WED	THUR	FRI	SAT	SUN	21. Mindfulness of Current Emotion			
MON	TUE	WED	THUR	FRI	SAT	SUN	22. TIP (Temperature, ice or heat/ Intense exercise/Progressive relax)			
MON	TUE	WED	THUR	FRI	SAT	SUN	23. Pros and Cons			
MON	TUE	WED	THUR	FRI	SAT	SUN	24. Distract /Self-soothe/ Improve the moment			
MON	TUE	WED	THUR	FRI	SAT	SUN	25. Radical Acceptance			
MON	TUE	WED	THUR	FRI	SAT	SUN	26. Willingness			
MON	TUE	WED	THUR	FRI	SAT	SUN	27. Mindfulness of current thoughts			
MON	TUE	WED	THUR	FRI	SAT	SUN	28. Half-smiling			

Mindfulness
 Interpersonal Effectiveness
 Emotion Regulation
 Survival & Acceptance