

Dialectical Behavior Therapy Adolescent Diary Card	First Name _____	Did you fill out Diary Card in session? ___ Y ___ N How often did you fill out Diary Card? ___ Daily ___ 2-3x ___ Once	Did you use coaching? ___ Y ___ N How many times? _____	Date Started: _____
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Date	Self-Harm		Suicidal		Meds	School	Drugs/Alc		Problem Eating		Behaviors		Emotions							Notes:			
	Urge	Actions	Thoughts	Actions	Taken as Prescribed	Cut Class/School	Urge	Used	Urge	Action	Sleep	Lying	Anger	Fear	Happy	Anxious	Depressed	Shame	Energy Level		Skills *		
	0-5	Y/N	0-5	Y/N	Y/N	0-5	0-5	Y/N	0-5	Y/N	Hours	Y/N	0-5	0-5	0-5	0-5	0-5	0-5	0-10		0-7		
Sun /																							
Mon /																							
Tues /																							
Wed /																							
Thurs /																							
Fri /																							
Sat /																							

<p>*USED SKILLS</p> <p>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</p> <p>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</p>	<p>Rating Scale for Emotions and Urges (above):</p> <p>0 = Not at all; 1 = A bit; 2 = Somewhat; 3 = Rather strong; 4 = Very strong; 5 = Extremely strong</p> <p>Urge to harm self: ___ Urge to quit therapy: ___ Misery Index: ___</p>
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Instructions: Circle the days you worked on each skill

Skill Category	Skill Description	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Skill Category	Skill Description	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Core Mindfulness	1. Wise Mind										Emotion Regulation	19. Identify and label emotions			
2. Observe									20. Build positive experiences								
3. Describe									21. Values and priorities								
4. Participate									22. Work toward long-term goals								
5. Nonjudgmental stance									23. Build mastery								
6. Stay Focused (One-mindfully)									24. Cope ahead								
7. Do what works (Effectiveness)									25. PLEASE								
Distress Tolerance	8. Accepts (Distract)								26. Opposite to emotion action								
	9. Self-soothe (Five senses)								27. Check the facts								
	10. Improve the moment								28. Do problem solving								
	11. Pros and cons								Interpersonal Effectiveness	29. DEAR MAN							
	12. TIPP									30. GIVE							
13. Radical acceptance								31. FAST									
Walking the Middle Path	14. Positive reinforcement									32. Cheerleading statements for worry thoughts							
	15. Validate self									33. THINK							
	16. Validate someone else																
	17. Think dialectically (non black and white)																
	18. Act dialectically (walk the middle path)																

SHORT DESCRIPTION OF DBT SKILLS

Core Mindfulness	WISE MIND	The wise mind is the balance between the emotional mind and reasonable mind
	OBSERVE	Notice without getting caught in the experience. Experience without reacting to your experience.
	DESCRIBE	When a feeling or thought arises, or you act, acknowledge it. Describe to yourself what is happening. Label your feelings. Call a thought just a thought; a feeling just a feeling.
	PARTICIPATE	Enter into your experience, act intuitively, practice.
	NON-JUDGMENTAL STANCE	See but don't evaluate. Focus on the "what" and not the "good," "terrible," "wonderful," "should," and "should not."
	STAY FOCUSED (one-mindfully)	Focus on the moment- do one thing at a time and focus on what you are doing or whom you are with. Let go of distractions.
	DO WHAT WORKS (Effectiveness)	Focus on what works. Do what needs to be done in each situation. Stay away from a judgmental stance. Play by the rules. Act as skillfully as you can, meeting the needs of the situation. Keep an eye on objectives and what you need to do to get them. Let go of useless anger, vengeance, and righteousness that hurts you.
Interpersonal Effectiveness	DEAR MAN (Objective Effectiveness)	Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate
	GIVE (Relationship Effectiveness)	Be Gentle, act Interested, Validate, use an Easy manner
	FAST (Self-Respect Effectiveness)	Be Fair, no Apologies, Stick to values, be Truthful
	CHEERLEADING	Turn negative thoughts into positive, encouraging, realistic thoughts.
	THINK	Think about it from other person's perspective. Have empathy. Interpretations. Notice. Use Kindness.
Emotion Regulation	BUILD POSITIVE EXPERIENCES	Short term: do pleasant things that are possible now. Long term: make changes in your life so that positive events will occur more often. Build a "life worth living."
	BUILD MASTERY	Engage in activities that make you feel competent and in control.
	COPE AHEAD	Cope ahead of time with emotional situations. Rehears a plan ahead of time so that you are prepared to cope skillfully with emotional situations.
	PLEASE (Reduce Emotional Vulnerability)	Treat Physical illness, balance Eating, avoid mood-Altering drugs, balance Sleep, get Exercise
	OPPOSITE TO EMOTION ACTION	Change emotions by acting opposite to current emotion/urge.
	CHECK THE FACTS	Check out whether your reactions fit the facts of the situation. Changing beliefs and assumptions to fit the facts will help change your emotional reactions.
Distress Tolerance	PROBLEM SOLVE	When the facts themselves are the problem, solving emotional problems consistently will reduce the frequency of negative emotions.
	ACCEPT (distract)	Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations
	SELF-SOOTHE	Use the senses: vision, hearing, taste, smell, touch
	IMPROVE the moment	Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement
	PROS AND CONS	Examine the short-term and long-term pros and cons.
	TIPP	Temperature, Intense exercise, Pace breaking, Progressive muscle-relaxation.
	RADICAL ACCEPTANCE	Acknowledge what is, let go of fighting reality. Use TURNING the MIND to commit to acceptance over and over again.
Walking the Middle Path	POSITIVE REINFORCEMENT	Increase frequency of desired behavior by providing a reward.
	VALIDATE SELF	Perceive your feelings/thoughts/actions as making sense, accurate, and acceptable.
	VALIDATE SOMEONE ELSE	Communicate that others' thoughts/feelings/actions make sense, are accurate, and acceptable.
	THINK DIALECTICALLY	Move from "either-or" to "both-and" statements. Avoid "always" and "never" statements.
	ACT DIALECTICALLY	Practice looking at all sides of the situation. Find the kernel of truth.

to focus on this week:

Thursday	Things to remember to talk about in therapy:
Wednesday	Sunday
Tuesday	Saturday
Monday	

Skills

Mont

Frida
