

Dialectical Behavior Therapy Skills Diary Card	Initials	Filled out in session Y N (Circle)	How often did you fill out this side? ___ Daily ___ 2-3x ___ 4-6x ___ Once	Started: Date ___/___/___
	ID #			

Circle Start Day	Highest Urge To:					Highest Rating for Each Day:								Actions						
	Commit Suicide 0-5	Self Harm 0-5	Use DA 0-5	Use TB 0-5	QT 0-5	Physical Misery 0-5	Sad 0-5	Anx 0-5	Shame 0-5	Anger 0-5	Joy 0-5	Guilt 0-5	SI/SH Y/N	D/A Y/N	TB Y/N	Used Skills* 0-7	Meds Y/N	ST* Y/N	TIB Y/N	
Day of Week																				
MON																				
TUE																				
WED																				
THU																				
FRI																				
SAT																				
SUN																				

Target Behaviors:

- | | |
|---|---|
| <ul style="list-style-type: none"> Dissociating Shopping Sex Lying/omitting Oversleeping/napping Gambling Speeding Purging/restricting Anger outburst Not answering voicemail/texts | <ul style="list-style-type: none"> Internet Stealing Video games Drugs/alcohol Avoidance Food |
|---|---|

***Used Skills**

- | | |
|---|---|
| <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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 |
|---|---|

*** Secondary Targets:**

- Inhibited Grieving (avoidance of emotions, stuffing)
- Emotional Vulnerability (emotional reactivity, outbursts, sensitivity)
- Self Invalidation (invalidating emotions, beating self up, ignoring self)
- Unrelenting Crisis (creating crisis usually by avoiding)
- Apparent Competence (masking, looking like everything is fine when not)
- Active Passivity (avoidance, not problem solving when need to, waiting for change)

		DBT Skills Diary Card							Filled out this side?				Check Skills; Circle days skill was practiced
		Daily	2-3x	4-6x	Once	In session							
Mindfulness	MON	TUE	WED	THUR	FRI	SAT	SUN	1. Wise Mind				(balance of emotion/reasonable mind)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	2. Observe				(urge surfing, just notice)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	3. Describe				(put words on)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	4. Participate				(enter into the experience)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	5. Non-judgmentally (just the facts: avoid "bad", "should", "stupid", etc.)					
	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)	
Interpersonal Effectiveness	MON	TUE	WED	THUR	FRI	SAT	SUN	8. Describe , Express, Assert, Reinforce				(DEARMAN)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	9.) Gentle , act Interested, Validate, Easy Manner				(GIVE)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	10. Fair , no Apologies, Stick to values, be Truthful				(FAST)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	11. Both sides are true				(Dialectic)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	12. Does the emotion fir the facts? Is it effective?				(Check the Facts)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	13. Replace destructive behaviors				(Alternate Rebellion)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	14. STOP Freeze, Step back, Observe, Proceed mindfully				(STOP)	
Emotion Regulation	MON	TUE	WED	THUR	FRI	SAT	SUN	15. Do pleasant things now that feel good				(Build Positive Experience)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	16. Opposite-to-the-emotion action				(act opposite to change emotion)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	17. Accumulate positives , Build mastery, Cope ahead				(ABC)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	18. Physical ill , Eat, Avoid drugs, Sleep, Exercise				(PLEASE)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	19. Temperature ice/heat , Intense Exercise, Progressive relax				(Tip)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	20. Mindful of Current Emotion. (it is a wave, let it come and go) Urge Surf					
	MON	TUE	WED	THUR	FRI	SAT	SUN	21. Problem solve				(challenge thinking, turn the mind)	
Distress Tolerance	MON	TUE	WED	THUR	FRI	SAT	SUN	22. Activities, Contribute, Compare, change Emotion, Push Away, Thoughts, Sensations				(Distract with "Wise Mind ACCEPTS")	
	MON	TUE	WED	THUR	FRI	SAT	SUN	23. Self-soothe				(the five senses)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	24. Imagery, Meaning, Prayer Relaxation, One-thing-in-the-moment, mini-Vacation, Encourage yourself				(IMPROVE the moment)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	25. Pros and Cons				(of tolerating the distress)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	26. Radical Acceptance				(turn the mind, willingness)	

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____

Notes/Homework: _____

