

DIALECTICAL BEHAVIOR THERAPY DIARY CARD				Name: _____			Filled Out in Session? Y N			How Often Did You Fill Out? ____ Daily ____ 2 - 3X ____ 4 - 6x ____ Once				Last Day Filled Out: Month ____ Year ____ Day ____					
Circle Start Day	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		Illegal Drugs		Meds as Prescribed	p.r.n./ Over- the-Counter Meds		Self Harm	Lied	Used Skills*			
Day of Week	0-5	0-5	0-5	0-5	0-5	0-5	#	What?	#	What ?	Y/N	#	What?	Y/N	#	0-7			
MON																			
TUES																			
WED																			
THURS																			
FRI																			
SAT																			
SUN																			
Med Changes 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									
Homework Assigned and Results This Week:																			
										Urges to:		Coming into Session (0 - 5)		Belief I Can Change or Regulate My:		Coming into Session (0 - 5)			
										Quit Therapy				Emotions					
										Use Drugs				Actions					
										Commit Suicide				Thoughts					
Skills Focus This Week:																			


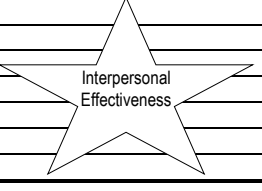
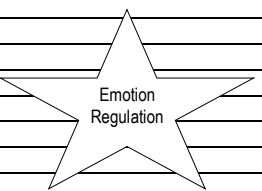
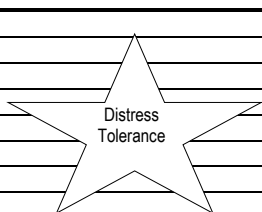
DBT Diary Card	Fill out this card? Daily 2 - 3x 4 - 6x Once in Session	Check skills: circle days skill was practiced							
DEAR (Describe, Express, Assert, Reinforce) MAN (Mindful, Appear confident, Negotiate) GIVE (Gentle, Interested, Validate, Easy manner) FAST (Fair, no Apologies, Stick to values, Truthful) ABC (Accumulate positive emotions, Build mastery, Cope ahead) PLEASE (Care: Physical ills, Eating, Avoid mood-altering substances, Sleep, Exercise) TIP (Temperature, Intense exercise, Paced breathing, Paired muscle relaxation)		Wise mind	MON	TUES	WED	THURS	FRI	SAT	SUN
		Observe: Just notice	MON	TUES	WED	THURS	FRI	SAT	SUN
		Describe: Put words on, just the facts	MON	TUES	WED	THURS	FRI	SAT	SUN
		Participate: Enter into the experience	MON	TUES	WED	THURS	FRI	SAT	SUN
		Nonjudgmentally	MON	TUES	WED	THURS	FRI	SAT	SUN
		Ne-mindfully: Present moment	MON	TUES	WED	THURS	FRI	SAT	SUN
		Effectively: Focus on what works	MON	TUES	WED	THURS	FRI	SAT	SUN
		DEAR	MON	TUES	WED	THURS	FRI	SAT	SUN
		MAN	MON	TUES	WED	THURS	FRI	SAT	SUN
		GIVE	MON	TUES	WED	THURS	FRI	SAT	SUN
		FAST	MON	TUES	WED	THURS	FRI	SAT	SUN
		Walked the middle path; Dialectics	MON	TUES	WED	THURS	FRI	SAT	SUN
		Validation	MON	TUES	WED	THURS	FRI	SAT	SUN
		Strategies to change behavior	MON	TUES	WED	THURS	FRI	SAT	SUN
		Checked the facts	MON	TUES	WED	THURS	FRI	SAT	SUN
		Did opposite action	MON	TUES	WED	THURS	FRI	SAT	SUN
		Problem-solved	MON	TUES	WED	THURS	FRI	SAT	SUN
		Accumulate positive emotions A	MON	TUES	WED	THURS	FRI	SAT	SUN
		Built mastery B	MON	TUES	WED	THURS	FRI	SAT	SUN
		Coped ahead C	MON	TUES	WED	THURS	FRI	SAT	SUN
		Reduced vulnerability: PLEASE	MON	TUES	WED	THURS	FRI	SAT	SUN
		Mindfulness of current emotion	MON	TUES	WED	THURS	FRI	SAT	SUN
		STOP skill	MON	TUES	WED	THURS	FRI	SAT	SUN
		Pros and cons	MON	TUES	WED	THURS	FRI	SAT	SUN
		TIP	MON	TUES	WED	THURS	FRI	SAT	SUN
		Distracted	MON	TUES	WED	THURS	FRI	SAT	SUN
		Self-soothed	MON	TUES	WED	THURS	FRI	SAT	SUN
		Improved the moment	MON	TUES	WED	THURS	FRI	SAT	SUN
Radical acceptance		MON	TUES	WED	THURS	FRI	SAT	SUN	
Half-smiling, Willing hands		MON	TUES	WED	THURS	FRI	SAT	SUN	
Willingness, Mindfulness of Current Thoughts		MON	TUES	WED	THURS	FRI	SAT	SUN	

FIGURE 4.1. Front (top) and back (bottom) of a DBT diary card. The entire back half of the card is used in skills training sessions; the front half is used in individual therapy except for the "Used Skills" column, which is also employed in skills training. Should be printed on 4x6 card stock (front and back).