

| 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: | | | | | | | | | | | <table border="1"> <tr> <td>Urges to:</td> <td>Coming into Session (0 - 5)</td> <td>Belief I Can Change or Regulate My:</td> <td>Coming into Session (0 - 5)</td> </tr> <tr> <td>Quit Therapy</td> <td></td> <td>Emotions</td> <td></td> </tr> <tr> <td>Use Drugs</td> <td></td> <td>Actions</td> <td></td> </tr> <tr> <td>Commit Suicide</td> <td></td> <td>Thoughts</td> <td></td> </tr> </table> | | | | | | | | 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 | |
| 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: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |


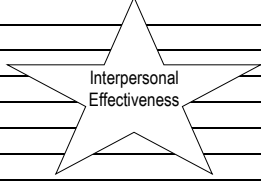
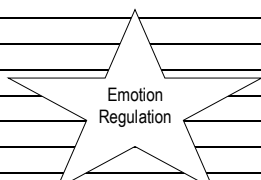
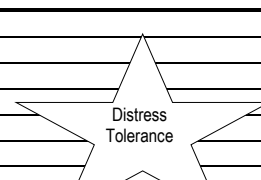
| DBT Diary Card | Fill out this card? ___ Daily ___ 2 - 3x ___ 4 - 6x ___ Once ___ in Session | Check skills: circle days skill was practiced | | | | | | | | |
|--|---|---|------------------------------------|------|-------|-------|-------|-----|-----|-----|
| DEAR (Describe, Express, Assert, Reinforce) MAN (Mindful, Appear confident, Negotiate) GIVE (Gentle, Interested, Validate, Easy manner) FAST (Fair, no Apologies, Stick to values, Truthful) 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).