

**DBT DIARY CARD for: \_\_\_\_\_; Week of: \_\_\_\_\_**

**Record each day; circle skills used below for each day.**

	<b>Overall Mood Rating (0-5) (0 – worst day 3 – ave day 5 – best day)</b>	<b># of DBT skills used</b>	<b>DBT Skills Used, Feelings, Situations, Triggers &amp; Mood. How did skills help?</b>	<b>Unhelpful, Self-Sabotaging Behaviors used this week; Triggers, Feelings, Thoughts, mood; Consequences of Unhelpful Behaviors.</b>
<b>Mon</b>				
<b>Tues</b>				
<b>Wed</b>				
<b>Thur</b>				
<b>Fri</b>				
<b>Sat</b>				
<b>Sun</b>				

<u><b>MINDFULNESS SKILLS</b></u>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>1. WISE MIND:</b> Practice mindfulness, meditation, deep breathing, notice states of mind.							
<b>2. OBSERVE:</b> Body sensations, feelings and thoughts (notice Emotional, Reasonable & Wise Mind).	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>3. DESCRIBE:</b> Put words on experience, journal, talk to someone, describe experience.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>4. IDENTIFY THOUGHTS:</b> Identify unhelpful thoughts, check facts, replace w/ healthier thoughts.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>5. NON-JUDGMENTAL STANCE:</b> Observe judgements of self and others; kindly let go of judgment.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>6. ONE-MINDFULLY:</b> Be in-the-moment, not past or future; engage in present-focused activities.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>7. EFFECTIVENESS:</b> Focus on what works, what you can control, your objective. Choose battles & act skillfully. Let go of what you cannot control. Be persistent as needed.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<u><b>EMOTION REGULATION SKILLS</b></u>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>8. IDENTIFY EMOTIONS:</b> Label & identify emotions, identify triggers, urges, patterns & behaviors.							
<b>9. TAKE A PAUSE OR TIME-OUT:</b> To think through, de-escalate before acting on urges.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>10. POSITIVE SELF-TALK:</b> Be your own cheerleader, use affirmations; talk kindly to yourself.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>11. REDUCE VULNERABILITY:</b> <u>PLEASE</u> (Manage illnesses, Take meds, Good sleep hygiene, Eat Healthy, Exercise, Avoid Mood Altering Substances. <b>Build MASTERY:</b> Do 1 healthy habit each day.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>12. OPPOSITE TO EMOTION:</b> Resist action urge, do opposite to action when appropriate.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>13. BUILD POSITIVE EXPERIENCES, SET GOALS:</b> Participate and schedule pleasant, fun & Meaningful activities; build a life worth living. Set Short and Long-term goals.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<u><b>INTERPERSONAL EFFECTIVENESS SKILLS</b></u>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>14. BOUNDARIES:</b> Set & respect healthy boundaries; mindfulness of healthy vs. unhealthy boundaries.							
<b>15. POSITIVE SUPPORT:</b> Build support, healthy vs. unhealthy relationships, reach out when needed.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>16. OBJECTIVE EFFECTIVENESS: DEAR MAN:</b> Use "I" messages, respectful communication.							
<b>17. RELATIONSHIP EFFECTIVENESS: GIVE:</b> Use validation, active listening skills.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>18. SELF-RESPECT EFFECTIVENESS: FAST:</b> Maintain values, self-respect in relationships.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<u><b>DISTRESS TOLERANCE SKILLS</b></u>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>19. DISTRACT with ACCEPTS:</b> (Activities, Contributing, Comparisons, Opposite Emotions, Pushing Away, Sensations).							
<b>20. SELF-SOOTHE:</b> With 5 senses to calm self down (Vision, Sound, Smell, Taste, Touch).	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>21. IMPROVE the Moment:</b> (Imagery, Meaning, Prayer, Relaxation, One Thing in the Moment, Take a Vacation, Encouragement, use Humor).	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>22. COPING AHEAD:</b> Plan ahead for difficult and triggering emotions and situations.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>23. PROS AND CONS:</b> Of using DBT skills and options, thinking through situations/decisions in life.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
<b>24. RADICAL ACCEPTANCE</b> Of situation and those things you cannot change; don't fight reality.	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>