

Dialectical Behavior Therapy: Diary Card

created by Kalamazoo DBT

Filled out in session? Y / N		How often did you fill out this diary card? Daily _____ 2-3x _____ Once _____		Date Started _____ / _____ / _____		Name or Initials: _____	
Drugs, Alcohol, and/or Rx. Meds (use)		Behaviors to Track and Change		Emotions		Emotions: Record the Peak Level During the Day	
Urges to Use 0-5	Alcohol	Street Drugs	Prescription Meds	Urge	Actions	Urge	Actions
	Specify						
Self Harm	Suicidal	Other Behaviors:	Lies	# of	Anger	Fear	Joy
					Misery	Pain	Sad
Shame	Use	0-5	0-5	0-5	0-5	0-5	0-7
Sun	Sat	Fri	Thur	Wed	Tue	Mon	Sun

Important Events From The Week:		Urge to quit therapy? 0-5: _____
0=Not thought about nor 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 use them, but they didn't help	5=Tried, could use them, they helped
Fri	Sat	Sun
6=Didn't try, could use them, they didn't help	7=Didn't try, used them, they helped	

Core Mindfulness	1 Wise Mind -balance of both facts and emotions. Not impulsive.	mo	tu	we	th	fr	sa	su
	2 Observe -engage in "just noticing": emotions, thoughts, sensations, environment.	mo	tu	we	th	fr	sa	su
	3 Describe -label/put words on what you notice.	mo	tu	we	th	fr	sa	su
	4 Participate -become one with what you are doing, fully present and aware.	mo	tu	we	th	fr	sa	su
	5 Non-Judgmental -describe with facts. See but don't evaluate.	mo	tu	we	th	fr	sa	su
	6 One Thing in the Moment -focus on one thing at a time, each step in the present.	mo	tu	we	th	fr	sa	su
	7 Effective -Do what works. Follow the rules of the moment. Let go of pride, spite.	mo	tu	we	th	fr	sa	su
	8 Urge Surf -ride out urges since they are temporary.	mo	tu	we	th	fr	sa	su
Distress Tolerance	9 Distract with ACCEPTS - 7 ways to change focus when emotions are intense.	mo	tu	we	th	fr	sa	su
	10 Self-Soothe -use the 5 senses to calm yourself.	mo	tu	we	th	fr	sa	su
	11 IMPROVE -imagery/meaning/prayer/relax/one mindful/vacation/encourage	mo	tu	we	th	fr	sa	su
	12 Pros/cons -structured method to help decide on a course of action.	mo	tu	we	th	fr	sa	su
	13 STOP -Stop!!, take a step back, observe, proceed mindfully.	mo	tu	we	th	fr	sa	su
	14 Half Smile -relax into a smile. This can calm your emotions.	mo	tu	we	th	fr	sa	su
	15 Awareness -observe your connection to your environment in this moment.	mo	tu	we	th	fr	sa	su
	16 Radical Acceptance -turn the mind/willingness/halfsmile/willing hands	mo	tu	we	th	fr	sa	su
	17 Mindfulness of Current Thoughts -observe, be curious,separate, allow	mo	tu	we	th	fr	sa	su
	18 Burn&Build Bridges -cut off addictive behavior options/build new things.	mo	tu	we	th	fr	sa	su
	19 TIP -Regulate w/ Temperature, Intense Exercise, Paired Relaxation/Paced Breath.	mo	tu	we	th	fr	sa	su
	20 Addiction -dialectical abstinence/clearmind/alternate rebellion/adaptive denial	mo	tu	we	th	fr	sa	su
Interpersonal Effectiveness	21 DEARMAN -Ask skillfully or say no skillfully.	mo	tu	we	th	fr	sa	su
	22 GIVE -Tend to relationships gently. Be interested, validate, use easy manner.	mo	tu	we	th	fr	sa	su
	23 FAST -Maintain self respect. Be fair, Don't over-apologize. Stick to values, Truthful.	mo	tu	we	th	fr	sa	su
	24 Relationship Building -finding ways to connect w/ and be mindful of others.	mo	tu	we	th	fr	sa	su
Emotion Regulation	25 Build Mastery -Do something challenging daily to feel confident and competent.	mo	tu	we	th	fr	sa	su
	26 Pleasant Activities -Mindfully plan and participate in daily joyful activities.	mo	tu	we	th	fr	sa	su
	27 PLEASE -Reduce vulnerability: eating, sleep,exercise, treat illness, avoid drugs/alc.	mo	tu	we	th	fr	sa	su
	28 Check The Facts -Is my assessment accurate? Does emotion/intensity fit facts?	mo	tu	we	th	fr	sa	su
	29 Act Opposite to Current Emotion -Do the opposite of the urge for each emotion.	mo	tu	we	th	fr	sa	su
	30 Problem Solving -Identify, Brainstorm, Choose, Do!	mo	tu	we	th	fr	sa	su
	31 Cope Ahead -Imagine future stressors and plan how to skillfully cope with them.	mo	tu	we	th	fr	sa	su
	32 Values -connect your values to actions in small steps.	mo	tu	we	th	fr	sa	su
Middle Path	33 Validation -acknowledge what you or they are experiencing, without trying to fix it.	mo	tu	we	th	fr	sa	su
	34 Positive Reinforcement -increase the occurrence of desired behavior.	mo	tu	we	th	fr	sa	su
	35 Dialectic Action -seek the truth in each perspective to create a middle path solution.	mo	tu	we	th	fr	sa	su
	36 Long Term Goals -plan and attempt one step toward goals daily.	mo	tu	we	th	fr	sa	su
	37 Build Structure -actively participate in structured work and play daily.	mo	tu	we	th	fr	sa	su