

DBT Diary Card

| | Date: | | | | | | |
|--|-------|------|-----|-------|-----|-----|-----|
| Mindfulness Skills | | | | | | | |
| 1. Wise mind | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 2. Observe: just notice (Urge Surfing) | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 3. Describe: put words on | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 4. Participate: enter into the experience | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 5. Nonjudgmental stance | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 6. One-mindfully: in-the-moment | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 7. Effectiveness: focus on what works | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Interpersonal Effectiveness Skills | | | | | | | |
| 8. Cheerleading Statements | | | | | | | |
| 9. Objective effectiveness: DEAR MAN | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 10. Say "No" (priorities, capability, timeliness) | | | | | | | |
| 11. Relationship effectiveness: GIVE | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 12. Self-respect effectiveness: FAST | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Emotion Regulation Skills | | | | | | | |
| 13. Reduce vulnerability: PLEASE | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 14. Build MASTERY | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 15. Build positive experiences | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 16. Opposite-to-emotion action (Alt. Rebellion) | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Distress Tolerance Skills | | | | | | | |
| 17. Distract: ACCEPTS | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 18. Self-soothe: five senses | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 19. Improve the moment: IMPROVE | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 20. Pros and cons | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 21. Accepting Reality: breath, half smile, awareness | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 22. Radical Acceptance | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 23. Turning the mind | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| 24. Willingness (instead of willfulness) | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |

| Day & Date | Urges to... | | Emotions | | | | | | | | | | Actions | | | |
|------------|-------------|-----|----------|-----|-------|-------|------|---------|------|----------|-------|-------|---------|-----|--------|---|
| | | | Pain | Sad | Shame | Anger | Fear | Disgust | Envy | Jealousy | Guilt | Agit. | | | Skills | R |
| | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | Y/N | Y/N | 0-7 | √ |
| Mon | | | | | | | | | | | | | | | | |
| Tues | | | | | | | | | | | | | | | | |
| Wed | | | | | | | | | | | | | | | | |
| Thurs | | | | | | | | | | | | | | | | |
| Fri | | | | | | | | | | | | | | | | |
| Sat | | | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | | | |

Skill Use

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|---|---|
| 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 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped |
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