

Dialectical Behavior Therapy Diary Card			Filled out in Group? Y N			Filled out in individual therapy? Y N			How often did you fill out this side? _____ Daily _____ 2-3x _____ Once														
Day/Date	Urges to...			Emotions							Targeted Behaviors							Actions					
	Use	Suicide	Self-Harm	Pain	Sad	Shame	Anger	Boredom	Fear	Pride/Joy									Self-Harm	Lying	Skills*	R	
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-7		
Sat																							
Sun																							
Mon																							
Tue																							
Wed																							
Thu																							
Fri																							
Apparently unimportant behaviors:											How am I keeping doors to suicide open:												
				Before Group			After Group			Before Individual Therapy			After Individual Therapy			* 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 = Used instinctively, didn't help 7 = Used instinctively, helped							
Urge to quit therapy (0-5):																							
Urge to commit suicide (0-5):																							
Urge to harm (0-5):																							
Urge to use (0-5):																							
Belief in Control of Emotions (0-5):																							
Belief in Control of Behaviors (0-5):																							
Belief in Control of Thoughts (0-5):																							

Skills		Place ✓ for each skill used each day						
		Sat	Sun	Mon	Tue	Wed	Thu	Fri
Mindfulness	Wise Mind <i>p.50;HO#3</i>							
	Observe: Just notice <i>p.53-57; HO#4/4A</i>							
	Describe: Put into words <i>p.58;HO#4B</i>							
	Participate: Enter into the experience <i>p.59;HO#4C</i>							
	Non-judgmental stance <i>p.60-61;HO#5/5A</i>							
	One mindfully: In-the-moment. <i>p.62;HO#5B</i>							
	Effectiveness: Focus on what works <i>p.63;HO#5C</i>							
	Loving Kindness <i>p.70;HO#8</i>							
	Self-Compassion							
	Awe							
	Gratitude							
	OTHER:							
Interpersonal Effectiveness	Clarified Goals of IE: <i>p.117,124;HO#1,4</i>							
	Be Mindful of Factors that get in the Way <i>p.118;HO#2</i>							
	Challenged a Myth <i>p.119;HO#2A</i>							
	Objective effectiveness: DEAR MAN <i>pp.125-6;HO#5</i>							
	Relationship effectiveness: GIVE <i>p.128; HO#6</i>							
	levels of Validation <i>p.129; HO#6A</i>							
	Self-respect effectiveness: FAST <i>p.130; HO#7</i>							
	Evaluated Options for Intensity <i>p.131; HO#8</i>							
	Capability							
	Priorities							
	Self-Respect							
	Rights							
	Authority							
	Relationship							
	Long-term vs. Short-term Goals							
	Give & Take							
	Homework							
	Timing							
Self-Validation <i>p. xxx;HO#19A</i>								

	Skills	Place ✓ for each skill used each day						
		Sat	Sun	Mon	Tue	Wed	Thu	Fri
Emotion Regulation	Challenge a Myth p.212;HO#4A							
	Check the Facts p.228;HO#8							
	Opposite Action p.231;HO#10-11							
	Problem Solving p.241;HO#12							
	Reduce Vulnerability: ABC_PLEASE							
	Accumulate Positive Emotions p.247-55;HO#15-18							
	Build Mastery p.256;HO#19							
	Cope Ahead “							
	treat Physical Illness p.257;HO#20							
	balance Eating							
	Avoid mood-Altering Substances							
	balance Sleep							
	get Exercise							
	Mindfulness of Emotions p.264;HO#22							
OTHER: Chain Analysis								
Distress Tolerance	Crisis Survival Skills: p.325;HO#2							
	S.T.O.P. p.327;HO#4							
	Stop							
	Take a step back							
	Observe (without acting)							
	Proceed mindfully							
	Pros and Cons p.329;HO#5							
	T.I.P.P. Your Body Chemistry p.329;HO#6							
	Temperature							
	Intense exercise							
	Paced breathing							
	Paired muscle relaxation							
	Distract with “Wise Mind A.C.C.E.P.T.S.” p.333;HO#7							
	Activities							
	Contributing							
	Comparisons							
	opposite Emotions							
	Pushing away							
	Thoughts							
	Sensations							
	Self-soothe the 5 Senses p.334;HO#8							
	I.M.P.R.O.V.E. the moment p.336; HO#9							
	Imagery							
	Meaning							
	Prayer							
	Relaxation							
	One thing in the moment							
	Vacation							
	Encouragement							
	Reality Acceptance Skills p.341;HO#10							
	Radical Acceptance p.342;HO#11							
	Turning the Mind p.345;HO#12							
	Willingness p.346;HO#13							
	Half-Smile & Willing Hands p.347;HO#14							
Mindfulness of Current Thoughts p.350;HO#15								
OTHER:								
Call a friend								
Comedy/Humor								
Urge surfing								