DBT Diary Card

Scale for 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 could not use them
4 = Tried, could use them, 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

Skill	Day (Mon., Tues., Wed…)									
Core Mindfulness	Wise mind: blend reason and emotion									
	Wise mind: blend doing with being									
	Observe: just notice									
	Describe: put words on									
	Participate: become one with the moment									
	Nonjudgemental stance: accept, don't judge									
	One-mindfully: in-the-moment									
	Effectiveness: focus on what works									
	Loving Kindness: increase love and compassion towards self and others									
Interpersonal Effectiveness	Objective effectiveness: DEAR: describe, express, assert, reinforce, MAN: mindful, appear confident, & negotiate									
	Relationship effectiveness: GIVE: gentle, interested, validate, easy manner									
	Self-respect effectiveness: FAST: be fair, no appologies, stick to values, be truthful									
	Validate Self and Others									
	THINK: Think about it from the other's perspective, Have empathy, Interpretations, Notice other, use Kindness									
Emotion Regulation	Reduce Vulnerability: MEDDSS (Mastery, Exercise, Diet, Drugs, Sleep, Spirit)									
	Accumulate Positive Emotions through Activity: to build a life worth living									
	Check the facts									
	Opposite-to-Emotion Action									
	Problem-Solving									
	Mindfulness of current emotions									
Distress Toerance	STOP: Stop, Take a step back, Observe, Proceed Mindfully									
	Pros and Cons: of coping and not coping									
	TIPP: Temperature, Intense Exercise, Paired Muscle Relaxation, Paced Breathing									
	Distract ACCEPTS: Activities, Contributing, Comparisions, Emotions, Pushing Away, Thoughts, Sensations									
	Self-soothe with the five senses									
	IMPROVE the moment: Imagry, Meaning, Prayer, Relaxation, One thing at a time, Vacation, Encouragement									
	Breathing/half-smile									
	Sensory Awareness exercises									
	Radical acceptance: let go of fighting reality									
	Turning the mind: learning to accept									
	Willingness: to do what is needed									
	Mindfulness of Current Thoughts (as just thoughts)									

Scale for Urges, Emotions, & Acts:

0 = None 1 = Minimal 2 = Mild 3 = Moderate 4 = Strong 5 = Intense

	Date									
Urges	Quit Therapy									
	Suicide									
	Self Harm									
Emotions	Overwhelmed									
	Frustrated									
	Invalidated									
	Hopeless									
	Mad									
	Anger									
	Sad									
	Fear									
	Happy									
	Joy									
	Glad									
Acts	Suicide Attempt									
	Self Harm									