**DBT Diary Card**

*Initials\_\_\_\_ Date Started \_\_\_\_to \_\_\_\_ Date Completed. Please check each behavior for each day on a scale (0-5 See Below)*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day  &  Date | (0-5) | Urges  (0-5)  Use  (Yes/No) | | (0-5)  Action  (Yes/No) | | (0-5) | Urge  (0-5)  Action  (Yes/No) | Self-Harm Urges  (0-5)  Action  (Yes/No) | | Suicidal Thoughts  Urges  (0-5)  Actions  (Yes/No) | | Panic Attacks  (How many?)  Intensity  (0-5) | | Avoid?  (0-5) |
| Mon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tues |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wed |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thur |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fri |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sat |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sun |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Joy  0-5 | Fear  0-5 | | Anger  0-5 | | Sadness  0-5 | Loneliness  0-5 | Proud  0-5 | | Shame  0-5 | | Anxiety  0-5 | | Quit Tx  0-5 |
| Mon |  |  | |  | |  |  |  | |  | |  | |  |
| Tues |  |  | |  | |  |  |  | |  | |  | |  |
| Wed |  |  | |  | |  |  |  | |  | |  | |  |
| Thur |  |  | |  | |  |  |  | |  | |  | |  |
| Fri |  |  | |  | |  |  |  | |  | |  | |  |
| Sat |  |  | |  | |  |  |  | |  | |  | |  |
| Sun |  |  | |  | |  |  |  | |  | |  | |  |

**COMMNENTS/NOTES**:

|  |  |
| --- | --- |
| MONDAY |  |
| TUESDAY |  |
| WEDNESDAY |  |
| THURSDAY |  |
| FRIDAY |  |
| SATURDAY |  |
| SUNDAY |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DISTRESS EMOTION INTERPERSONAL**  **TOLERANCE (17-23) REGULATION (12-16) EFFCTIVENESS (8-11) MINDFULNESS (1-7)** | ***Directions: Place an X in the box for each skill practiced for each day of the week.*** |  |  |  |  |  |  |  |
| 1**.WISE MIND**: Be aware of Emotion Mind, Reasonable Mind, and Wise Mind. The way out of Emotion Mind is through Reasonable Mind. EM + RM + WM |  |  |  |  |  |  |  |
| 2. **OBSERVE**: JUST NOTICE: Look at the situation without emotion or judgment. Just notice what is happening without trying to change it. |  |  |  |  |  |  |  |
| 3. **DESCRIBE:** PUT WORDS ON: Express without judgment or emotion. Just facts. |  |  |  |  |  |  |  |
| 4. **PARTICIPATE**: THROW YOURSELF INTO THE CURRENT MOMENT: Enter into the task at hand fully. Become part of the experience. |  |  |  |  |  |  |  |
| 5. **NON-JUDGEMENAL STANCE**: Avoid judging yourself, situations or other people. Acknowledge, don’t judge. Judgments lead to anger and hostility, which leads to EM. |  |  |  |  |  |  |  |
| 6. **ONE-MINDFULLY**: IN THE MOMENT: Focus all of you attention on one thing you are doing in a particular moment. If you are bathing-bathe, worrying- worry. |  |  |  |  |  |  |  |
| 7. **EFFECTIVELY**: Focus on what works to meet your objectives. DO WHAT WORKS |  |  |  |  |  |  |  |
| 8. **OBJECTIVES EFFECTIVENESS**: DEAR MAN: Describe the event or desired outcome. Express feelings. Be Assertive. Reinforce desired responses (“It feels good to know you care.”) Be Mindful, stay focused on goal. Appear confident, Negotiate. |  |  |  |  |  |  |  |
| 9. **RELATIONSHIP EFFECTIVENESS**: GIVE: Be Gentle in your approach. Be Interested, listen to the other person. Validate the other person’s viewpoint. Use and Easy manner. |  |  |  |  |  |  |  |
| 10. **SELF RESPECT EFFECTIVENESS:** FAST: Be Fair to yourself and others. Make no  Apologies for asking for what is rightfully yours. Stick to your values. Be Truthful. |  |  |  |  |  |  |  |
| 11. **SACRED SELF:** Softness with self; Five positive Attributes; Create a kind environment; Radical Self-Acceptance; Deeply like yourself. |  |  |  |  |  |  |  |
| 12. **REDUCE VULNERABILTY**: PLEASE: Treat physical illness. Balance eating. No mood altering drugs. Balance sleep. Get exercise. |  |  |  |  |  |  |  |
| 13. **BUILD MASTERY**: Find something you know you are good at and experience it over and over. Build on skills you already have. |  |  |  |  |  |  |  |
| 14. **BUILD POSITIVE EXPERIENCES**: Do things you enjoy. Make changes in your life so positive events occur more often. |  |  |  |  |  |  |  |
| 15. **OPPOSITE-TO-EMOTION-URGE ACTION**: Be mindful of emotion urges and act contrary to them: e.g., sometimes we are angry and have the urge to throw something-try hugging something instead. |  |  |  |  |  |  |  |
| 16. **LETTING GO OF EMOTIONAL SUFFERING: MINDFULNESS OF CURRENT EMOTION:** Ride the wave; Observe and experience the emotion; Remember, you are not the emotion; Practice loving your emotion. |  |  |  |  |  |  |  |
| 17. **DISTRACT**: ACCEPTS: Exercise focusing attention on something other than the emotion. Distract by activities, contributing, comparison, emotions, pushing away, thoughts, sensations. |  |  |  |  |  |  |  |
| 18. **STOP:** Stop; Take a Step Back; Observe; Proceed Mindfully |  |  |  |  |  |  |  |
| 19. **TIPP**: Temperature; Intense Physical Exercise; Paced Breathing; Progressive Muscle Relax |  |  |  |  |  |  |  |
| 20. **SELF SOOTHE**: Soothe any or all of your five senses. Sight: look at something pleasing to the eye. Hearing: listen to music. Touch: take a bath, put bubbles in it. Smell: surround yourself with pleasant odors. Taste: eat or drink something pleasing. Do them mindfully! |  |  |  |  |  |  |  |
| 21. **IMPROVE THE MOMENT:** Do something that will improve the moment you are in. Focus on just that moment. (Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement). |  |  |  |  |  |  |  |
| 22. **PROS AND CONS:** Make a list of reasons for and the reasons against tolerating a crisis or engaging in a particular activity, then make a list for and against doing its’ opposite. |  |  |  |  |  |  |  |
| 23. **RADICAL ACCEPTANCE**: When all else fails and your situation cannot improve accept the fact that this is the way it has to be for right now. Turn your mind over and over. |  |  |  |  |  |  |  |
| **Mid. Path** | 24. Think or behave **DIALECTICALLY; WALK THE MIDDLE PATH** |  |  |  |  |  |  |  |
| 25. **VALIDATE** self or others |  |  |  |  |  |  |  |
| 24. **REINFORCE** behaviors of self or others |  |  |  |  |  |  |  |

Day of the week