

DBT Diary Card www.valleydbt.com				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
		0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	#	Specify	#	Specify	#	Specify	Y/N	#
Thurs																			
Fri																			
Sat																			
Sun																			
Mon																			
Tue																			
Wed																			

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						
		Thurs	Fri	Sat	Sun	Mon	Tues	Wed
Mindfulness	Wise Mind p.50; HO#3							
	Observe: Just notice p.53-57; HO#4/4A							
	Describe: Put into words p.58; HO#4B							
	Participate: Enter into the experience p.59; HO#4C							
	Non-judgmental stance p.60-61; HO#5/5A							
	One mindfully: In-the-moment. p.62; HO#5B							
	Effectiveness: Focus on what works p.63; HO#5C							
	Loving Kindness p.70; HO#8							
	Self-Compassion							
	Awe							
Interpersonal Effectiveness	Gratitude							
	OTHER: Measured SUDs							
	OTHER: Walked the Middle Path p.74; HO#10							
	Clarified Goals of IE (Pie Chart): p.117,124; HO#1,4 Objective; Relationship; Self Respect							
	Be Mindful of Factors that get in the Way p.118; HO#2							
	Challenged a Myth p.119; HO#2A							
	Objective effectiveness: DEAR MAN pp.125-6; HO#5							
	Relationship effectiveness: GIVE p.128; HO#6 levels of Validation p.129; HO#6A							
	Self-respect effectiveness: FAST p.130; HO#7							
	Evaluated Options for Intensity p.131; HO#8							
	Mindfulness of Others p.143; HO#12							
	Thought Dialectically p.150; HO#15;16;16A							
	Self-Validation Use: Mindfulness; Radical Acceptance; Wise Mind; DT							
Set Limits Use: Observe; Describe (internal experience)								
Communicate: Wise Mind: DEAR MAN								

	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 p.256; HO#19							
	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: Cheerleading							
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							
	Turn 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 /Ride the WAVE							