

San Fernando Valley DBT

DIARY CARD		Emotions (Rate 0-3) <small>0 = None; 1 = Low level/some; 2 = Moderate level; 3 = High level/intense</small>						Target Behaviors			Other		
Date		Joy	Courage	Peace	Sadness	Anger	Fear	Shame				Lying Y/N	Rewarding Self?
Thurs													
Fri													
Sat													
Sun													
Mon													
Tues													
Wed													

Skills		Fill out skills used for each day.						
		Thurs	Fri	Sat	Sun	Mon	Tues	Wed
Mindfulness	Wise Mind							
	Observe: Just notice							
	Describe: Put into words							
	Participate: Enter into the experience							
	Non-judgmental Stance							
	One mindfully: In-the-moment							
	Effectiveness: Focus on what works							
	Sense of Awe / Gratitude							
	Loving Kindness							
Interpersonal Effectiveness	Considered Goals of IE:							
	Objective vs. Relationship vs. Self-Respect							
	Challenged a Myth							
	Cheerleading Statements							
	Considered Options for Intensity of Asking/Saying No							
	Objective effectiveness: DEAR MAN							
	Relationship effectiveness: GIVE							
Emotion Regulation	Self-respect effectiveness: FAST							
	Challenged a Myth							
	Reduce vulnerability: PLEASE							
	Build mastery							
	Build positive experiences							
	Mindfulness of Emotion							
	Check the Facts							
	Problem Solve							
Distress Tolerance	Validation Myself!							
	Opposite-to-emotion action							
	STOP (Stop, Take a Breath, Observe, Proceed MINDFULLY)							
	TIPP (change body Temp, Intense exercise, Paced breathing, Paired muscle relaxation)							
	Distract with "Wise Mind ACCEPTS"							
	Self-soothe the Five Senses							
	"IMPROVE" the moment							
	Pros vs. Cons							
	Observing Your Breath							
	Half-Smile							
	Awareness Exercises							
	Radical acceptance							
	Turning the Mind							
Willingness (not being willful)								
Talk to a friend (get support)								

Notes: