

DBT-ACES Diary Card

Name: _____ Date: _____

Number days completed: _____

Primary ambition(s) (including but maybe greater than ambition presented in skills training group):

		Days of the Week						
Urges								
	Suicidal ideation							
	Self-harm							
Actions								
	Self-harm							
Emotions	Love							
	Joy							
	Anger							
	Sadness							
	Fear							
	Shame							

Agenda Items and Notes for Session

DBT-ACES skills and strategies to achieve your Ambition(s) and Recovery Goals:

Home work	Worked on Check-In Action Step							
	Interacted with DBT-ACES material							
	Worked on Assignments for this week							
Living Wage Employment and Interpersonal Proficiency	On time and stayed full session at work/school							
	% of day followed schedule/time map							
	Did you stay regulated at work/school today?							
	Did you use reducing vulnerability skills today?							
	Did you use wise mind to balance your priorities with others' demands?							
	Did you presume non-judgmental explanation of others behavior at work/school today?							
	Did you avoid something important today?							
	# times GIVE with new/important person?							
	Describe if/how GIVE was experienced by those with whom you work or attend school:							
Building Community	Did you meaningfully reach out today?							
	Describe if/how GIVE was experienced by friends, family, or partner:							
	Did you spend time with people you like and care about? What did you do?							
	Did you effectively attend a social event with GIVE? What did you do?							
Self-sufficient	Bills paid up							
	\$ paid toward debt							
	\$ new debt incurred							
	\$ put toward savings							
Emotionally Proficient	DBT skill of the week:							
	Experienced fully a wave of emotion							
	Regulated quickly enough to be fully effective							

From your calendar please note the following for past week:

Hours worked W2 job: _____

Hours of other paid job: _____

Hours of unpaid job in field: _____

Hours attended school: _____

Hours other sched. activities: _____

Total hours: _____

applications submitted: _____

interviews: _____

contacts asked about jobs: _____

Total: _____

Describe efforts toward deadlines with specifics (e.g. dates, who...)

Standard DBT Skills

Check the boxes below for each day you worked on each skill.

		DAY OF THE WEEK							
		DATE							
Mindfulness	Wise Mind (p.50-51)								
	Observe (just notice) (p.53-54)								
	Describe (put words on) (p.53,58)								
	Participate (enter into the experience) (p.53,59)								
	Non-judgmental (not good nor bad) (p.60-61)								
	One-mindfully (only the present moment) (p.60,62)								
	Effectiveness (focus on what works) (p.61,63)								
Interpersonal Effectiveness	Figure out interpersonal priorities (p.124)								
	DEAR (Describe, Express, Assert, Reinforce) (p.125)								
	MAN–Mindful (Broken Record, Ignore Attacks), Appear confident, Negotiate (p.126)								
	GIVE (Gentle, Interested, Validate, Easy manner) (p.128, more on validation: p.129, 155-157)								
	FAST (Fair, no-Apologies, Stick to values, Truthful) (p.130)								
	Self Validation (p.155-160)								
	Finding/Getting People to Like You (p.140-141)								
	Observing and Describing Emotions (p.213-223, 281-282)								
	Opposite Action (p.231-240)								
	Check the Facts (p.228)								
Emotion Regulation	Problem Solving (p.241)								
	Accumulate Positives short term (p.248)								
	Accumulate Positives long term (p.252)								
	Build Mastery (p.256)								
	Cope Ahead (plan + mental rehearsal) (p.256)								
	PLEASE (p.257)								
	Mindfulness of Current Emotion (AKA Ride the Wave) (p.264)								
	STOP (p.327)								
	TIPP-Temperature (dive), Intense Exercise, Paced Breathing, PMR (p.329-332)								
	Pros and Cons (p.328)								
Distress Tolerance	Distract (ACCEPTS) (p.333)								
	Self-Soothe (five senses) (p.334)								
	IMPROVE (p.336)								
	Dialectical Abstinence (p.357-360)								
	Radical Acceptance/Turn the Mind (p.342-345)								
	Willingness/Half-Smile/Willing Hands (p.346-349)								
	Mindfulness of Current Thoughts (p.350-352)								

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