

DBT Diary Card

NAME : _____

Recovery goal(s):

	DAY OF THE WEEK							
		DATE						
URGES/OBSER	Suicidal ideation	0-5*						
	Urge to self-harm	0-5*						
	Urge to use	0-5*						
		0-5*						
		0-5*						
ACTIONST	Self-harm	Y/N						
	Used	Y/N						
		#						
		Y/N						
		Y/N						
EMOTIONS	LOVE	0-5*						
	JOY	0-5*						
	ANGER	0-5*						
	SADNESS	0-5*						
	FEAR	0-5*						
	SHAME	0-5*						
OVERALL SKILL RATING		0-7‡						

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

Mindfulness	Wise Mind (p.50-51)							
	Observe (just notice) (p.53-54)							
	Describe (put words on, just the facts) (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)							
Interpersonal Effectiveness	Effectiveness (focus on what works) (p.61,63)							
	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)							
Emotion Regulation	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)							
	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)							
Distress Tolerance	Mindfulness of Current Emotion (AKA Ride the Wave) (p.264)							
	STOP (p.327)							
	TIPP-Temperature (dive), Intense Exercise, Paced Breathing, Paired Muscle Relax (p.329-332)							
	Pros and Cons (p.328)							
	Distract (ACCEPTS) (p.333)							
	Self-Soothe (five senses) (p.334)							
	IMPROVE (p.336)							
	Dialectical Abstinence (p.357-360)							
Radical Acceptance/Turning the Mind (p.342-345)								
Willingness/Half-Smile/Willing Hands (p.346-349)								
Mindfulness of Current Thoughts (p.350-352)								



*Mark intensity of experience from 0 to 5.

- 0 = Didn't happen
- 1 = Kind of noticed the feeling or urge
- 2 = Noticed the feeling or urge
- 3 = Medium feeling or urge
- 4 = Strong feeling or urge
- 5 = Very intense feeling or urge

†List what was done/used, and the number of times in the notes for session below.

‡Rate the skills used from 0 to 7.

- 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 = Didn't try, used them, didn't help
- 7 = Didn't try, used them, helped

Agenda Items and Notes for Session

NUMBER DAYS COMPLETED
DIARY CARD: _____

DBT Weekly record of Getting Active

Number of Getting Active Hours

Day	Date	Activity Scheduling	What I did	Paid Work	Other career activities	Other sched. and struct. activities
Thur	/					
Fri	/					
Sat	/					
Sun	/					
Mon	/					
Tues	/					
Wed	/					
Total Hours:						

Getting Active includes any activities you and your therapist agree on to expand your engagement in work, hobbies, and leisure, and should generally be activities that are scheduled, structured, and out of your home. We particularly want you to break out paid work and other activities to support a career.

Program Requirements: From 4-8 months in DBT, maintain at least 10 hours/week of Getting Active. From 8-12 months in DBT, maintain at least 20 hours/week of Getting Active. (Note, we ask you to track paid work and other career activities as Getting Active because they aid recovery, but they are not required in DBT.)