

Dialectical Behavior Therapy Diary Card

Instructions: Circle the days you worked on each skill

Filled out in session? Y N

How often did you fill out this side?
 ___ Daily ✓ 2-3x ___ Once

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Wise mind							
2. Observe: just notice (Urge Surfing)							
3. Describe: put words on							
4. Participate: enter into the experience							
5. Nonjudgmental stance							
6. One-mindfully: in-the-moment							
7. Effectiveness: focus on what works							
8. Objective effectiveness: DEAR MAN							
9. Relationship effectiveness: GIVE							
10. Self-respect effectiveness: FAST							
11. Reduce vulnerability: PLEASE							
12. Build MASTERY							
13. Build positive experiences			<u>Wed</u>				
14. Opposite-to-emotion action (Alt. Rebellion)							
15. Distract (Adaptive Denial)						<u>Sat</u>	
16. Self-soothe	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
17. Improve the moment							
18. Pros and cons							
19. Radical Acceptance		<u>Tues</u>				<u>Sat</u>	
20. Building Structure // Work							
21. Building Structure // Love							
22. Building Structure // Time							
23. Building Structure // Place							

Urge to use (0-5):

Before therapy session: 3

After therapy session: 3

Urge to quit therapy (0-5):

Before therapy session: 2

After therapy session: 3

Dialectical Behavior Therapy Diary Card

Initials

JM

ID#

Filled out in session? Y N

How often did you fill out this side?

Daily ___ 2-3x ___ Once

Date started

Day & Date	Urges to...			Emotions					Drugs							Actions		Joy	Skills	R	
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit	ETOH	Prescrip	OTC		S-H	Lying						
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N				#
Mon	0	3	4	4	5	5	0	2									N		0	0	
Tues	0	3	4	4	5	5		2									Y	1	0	0	
Wed	0	3	4	4	5		0										N	2	0	3	
Thur	0	3	4	4	5	4											N		0	4	
Fri	0	4	5	4	5	5	0	2									N		0	4	
Sat	0	5	5	4	5	5	0	3									Y	1	0	3	
Sun	0	4	4	4	5	5	3	3									Y	3	0	0	

Apparantly Unimportant Behaviors:

Keeping Doors to Use Open:

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

	Before	After	Belief in control of...	Before	After	Urinalysis (circle)	1	2	3
Urge to use (0-5):	0	0	Emotions:	0	0				
Urge to quit therapy (0-5):	5	4	Behaviors:	0	0				
Urge to harm (0-5):	4	2	Thoughts:	0	0				

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Initials
DF

ID#

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 ___ Daily 2-3x ___ Once

Date started

Day & Date	Urges to...			Emotions					Drugs					Actions			Joy	Skills	R		
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit	ETOH	Prescrip	OTC	S-H	Lying							
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify				Y/N	#
Mon	4	5	4								4	mixed	xanax	aspirin	N	0	0				
Tues		5				5	2		pot		5	mixed/beer				0	1				
Wed			5																		
Thur	4		5						pot											1	
Fri			5+++						pot							Y	1	0	4		
Sat	3	5	5	3	5	5	2						5	dexatrim, aspirin	N	1	0	2			
Sun		5	5		5	5									N	0	0	2			

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	Before	After	Belief in control of...	Before	After	Urinalysis (circle)	1	2	3
Urge to use (0-5):	4		Emotions:						
Urge to quit therapy (0-5):	4		Behaviors:						
Urge to harm (0-5):	4		Thoughts:						

Dialectical Behavior Therapy Diary Card

Initials
SR

ID#

Filled out in session? Y N

How often did you fill out this side?
 Daily ___ 2-3x ___ Once

Date started

Day & Date	Urges to...			Emotions					Drugs							Actions			Joy	Skills	R
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit	ETOH	Prescrip	OTC		S-H	Lying						
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#			
Mon	3	0	1	4	3	2	1	3	—	2	beer	2	Elavil	—	N	0	1	5			
Tues	3	0	1	4	3	3	1	4	—	3	vodka beer			—	N	0	1	5			
Wed	3	0	1	4	3	3	1	5	—	3	beer			—	N	0	0	5			
Thur	3	0	5	5	5	4	3	5	—	3	beer			2	Tylenol	N	1	1	5		
Fri	3	0	2	4	3	3	2	5	—	2-3	beer			—	N	0	0	5			
Sat	3	0	2	4	3	3	1	4	—	4	vodka beer			—	N	2	0	3			
Sun	3	0	2	5	3	4	1	5	—	2	beer			4	Tylenol	N	1	0	5		

Apparently Unimportant Behaviors:

Keeping Doors to Use Open:

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	Before	After	Belief in control of...	Before	After	Urinalysis (circle)	1	2	3
Urge to use (0-5):	3	3	Emotions:	1	2				
Urge to quit therapy (0-5):	3	3	Behaviors:	3	3				
Urge to harm (0-5):	2	1	Thoughts:	0	0				