

ADOLESCENT DIALECTICAL BEHAVIOR THERAPY DIARY CARD

Name: _____ No. of times filled out: Daily 2-3 times Once Date: _____

	Urges			Actions			Use				Emotions: 0 = not at all 1 = a bit 2 = somewhat 3 = strong 4 = very strong 5 = extremely strong										Sleep		
	Self-Harm	Suicide	Use	Self-Harm	Suicide attempt	Avoid	Street drugs	Alcohol	Prescriptions	Over-the-counter	Physical misery	Anger	Shame	Guilt	Sadness	Fear	Envy	Jealousy	Joy	Peace	Love	Hours	
	0-5	0-5	0-5	#	#	what?	Specify	Specify	Specify	Specify	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	
Mon																							
Tues																							
Wed																							
Thurs																							
Fri																							
Sat																							
Sun																							

Therapy Interfering Behaviors		Incidents: Yes No					Quality of Life Interfering Behaviors					
Day		Conflict parents	Conflict sibling(s)	Conflict peers	Conflict teacher	Lost temper	Target					
Mon							Mon					
Tues							Tues					
Wed							Wed					
Thurs							Thurs					
Fri							Fri					
Sat							Sat					
Sun							Sun					

Working to Find the Middle Path	What I did well this week What I want to talk about in therapy
Discussed diary card with therapist? Yes <u> </u> No <u> </u>	

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Missed?	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Physical illness								Work							
Medical care								School							
Hospitalized								Therapy							
Avoided hospital with skills								Other							
Coaching calls															

Client name: _____

Date: _____

Module		Skill	Comments - How skills were used during the week
Core Mindfulness	Wise mind		
	Observe		
	Describe		
	Participate		
	Nonjudgmental stance		
	One-mindfully		
	Effectiveness		
Distress Tolerance	STOP		
	Pros and cons		
	TIPP		
	Distract with ACCEPTS		
	Self-soothe		
	IMPROVE the moment		
	Radical acceptance		
	Turn the mind		
	Willingness		
	Half-smile/Willing hands		
	Mindfulness of thoughts		
Emotion Regulation	Observe & describe emotions		
	Check the facts		
	Opposite action		
	Problem-solving for emotion		
	Accumulating pos. experiences		
	Build mastery		
	Cope ahead		
	PLEASE		
	Mindfulness of emotions		
Walking the Middle Path	Thinking/Acting dialectically		
	Validation		
	SACRED self		
	Behavior change		
Interpersonal Effectiveness	DEAR MAN		
	THINK		
	GIVE		
	FAST		
	Mindfulness to others		
Addictions	Dialectical abstinence		
	Clear mind		
	Community reinforcement		
	Burning/Building new bridges		
	Alternate rebellion		
	Adaptive denial		