

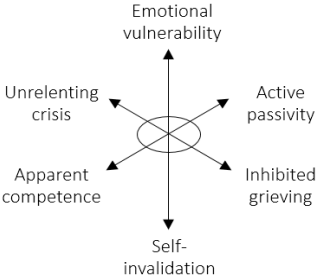
DIALECTICAL BEHAVIOR THERAPY DIARY CARD

NAME: _____

Number of times filled out: _____ Daily _____ 2-3 times _____ Once _____

| Day | Urges to: | | | Actions: | | | | Use: | | | | Emotions: 0= not at all 1= a bit 2= somewhat 3= strong 4= very strong 5= extremely strong | | | | | | | | | | Sleep | Skills | | | |
|-----|-----------|---------|-----|-----------|-----------------|-------|-------|--------------|---------|---------------|------------------|---|-------|-------|-------|---------|------|------|----------|-----|-------|-------|--------|--------|--|--|
| | Self-harm | Suicide | Use | Self-harm | Suicide Attempt | Lying | Avoid | Street Drugs | Alcohol | Prescriptions | Over-the-counter | Physical Misery | Anger | Shame | Guilt | Sadness | Fear | Envy | Jealousy | Joy | Peace | Love | Hours | Used ? | | |
| | 0-5 | 0-5 | 0-5 | # | Y/N | Y/N | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tue | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wed | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Thu | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fri | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sat | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | | | | | | | | | | | | | |

| Apparently Unimportant Behaviors | | | | | | | | | | Disordered Eating Behavior and Urges | | | | | | | | | | | | | | | |
|----------------------------------|--|--|--|--|--|--|--|--|--|--------------------------------------|------------------|---------------|-----|---------------|-----|-----------------------|-----|---------------------------------------|---|-------------|--|--|--|--|--|
| Target | | | | | | | | | | | Urge to Restrict | Urge to Binge | | Urge to Purge | | Urge to Over Exercise | | Body, Shape, and Weight Preoccupation | Regular Eating (Circle Breakfast, Snack, Lunch, Snack, Dinner, Snack) | | | | | | |
| | | | | | | | | | | | 0-5 | Y/N | 0-5 | Y/N | 0-5 | Y/N | 0-5 | Y/N | 0-5 | B S L S D S | | | | | |
| Mon | | | | | | | | | | | | | | | | | | | | B S L S D S | | | | | |
| Tue | | | | | | | | | | | | | | | | | | | | B S L S D S | | | | | |
| Wed | | | | | | | | | | | | | | | | | | | | B S L S D S | | | | | |
| Thu | | | | | | | | | | | | | | | | | | | | B S L S D S | | | | | |
| Fri | | | | | | | | | | | | | | | | | | | | B S L S D S | | | | | |
| Sat | | | | | | | | | | | | | | | | | | | | B S L S D S | | | | | |
| Sun | | | | | | | | | | | | | | | | | | | | B S L S D S | | | | | |

| Working To Find The Middle Path | What I Did Well This Week / Talk About In Therapy |
|---|--|
|  <p style="text-align: center;">Emotional vulnerability</p> <p>Unrelenting crisis Active passivity</p> <p>Apparent competence Inhibited grieving</p> <p style="text-align: center;">Self-invalidation</p> | <p>USED SKILLS</p> <p>0= Not thought about or used</p> <p>1= Thought about, not used, didn't want to</p> <p>2= Thought about, not used, wanted to</p> <p>3= Tried but couldn't use them</p> <p>4= Tried, could do them, they didn't help</p> <p>5= Tried, could use them, helped</p> <p>6= Didn't try, used them, didn't help</p> <p>7= Didn't try, used them, helped</p> |

Name:

Date:

Therapist:

| DIALECTICAL BEHAVIOR THERAPY DIARY CARD | | in session? | | did you fill out this side? | | |
|---|--|---|---|-----------------------------|----------|----------|
| | | Y | N | ___ Daily | ___ 2-3x | ___ Once |
| Core Mindfulness | What | Wise mind: blending emotion mind and rational mind | | | | |
| | | Observe: just notice, urge surfing | | | | |
| | | Describe: put words on | | | | |
| | | Participate: enter into the experience, flow | | | | |
| Core Mindfulness | How | Nonjudgmental stance: not evaluating as good/bad or right/wrong | | | | |
| | | One mindfully: focus and awareness on one thing, let go of distractions | | | | |
| | | Effectiveness: doing what works, playing by the rules, letting go of righteousness | | | | |
| | | Self-compassion/SACRED self | | | | |
| Interpersonal Effectiveness | | DEAR MAN: obtain goals, get what you want, be taken seriously | | | | |
| | | GIVE: maintain/improve relationship, balance immediate and long-term goals | | | | |
| | | FAST: maintain/improve feelings about self, respect values, saying no w/o guilt | | | | |
| Middle Path | | Validation: of self and others, acknowledge thoughts/feelings/emotions as valid | | | | |
| | | Dialectics: look at poles, truth in opposing sides/forces, acceptance and change | | | | |
| Emotion Regulation | | Check the facts: check to see whether your emotion or the intensity of your emotion is justified | | | | |
| | | Problem solving: check the facts, the facts themselves are problems (justified emotions) | | | | |
| | | Opposite to emotion action: act opposite of how you feel (unjustified emotions) | | | | |
| | | Accumulate positive experiences: short-term and long-term, focus on positive aspects | | | | |
| | | Build mastery: schedule and complete activities and tasks to build competence | | | | |
| | | Cope ahead: imagine being effective ahead of time, prepare for difficult situations | | | | |
| Distress Tolerance | | PLEASE: reduce emotional vulnerability | | | | |
| | | STOP: Stop, Take a step back, Observe, Proceed mindfully | | | | |
| | | TIPP: change your body chemistry quickly | | | | |
| | | Distract with ACCEPTS | | | | |
| | | Self-soothe: calm/soothe through the five senses | | | | |
| | | IMPROVE the moment | | | | |
| | | Pros and cons: list advantages and disadvantages of acting on vs. resisting crisis urges | | | | |
| | | Radical acceptance: let go of fighting, accept reality (not necessarily approval), tolerate the moment | | | | |
| | | Turning the mind/willingness: turn toward acceptance, participating fully in life | | | | |
| Addictions | | Breathing/half-smile/awareness: accepting reality with your body | | | | |
| | | Mindfulness practice | | | | |
| | | Adaptive denial: deny just for today, put off addictive behavior | | | | |
| | Alternate rebellion: engaging in rebellious activities that are not harmful | | | | | |
| | Burning bridges: move to cut off all addictive behavior options, ending relationships | | | | | |

SACRED self: **S**oftness with self, **A**ttitudes, **C**reate a kind environment, **R**adical self-acceptance, **E** Deeply like yourself

DEAR MAN: **D**escribe, **E**xpress, **A**ssert, **B**ehavior, **M**indful, **A**pproach confident, **N**egotiate

GIVE: be **G**entle, act **I**nterested, **V**alidate, use an **E**asy manner

FAST: be **F**air, no **A**pologies, **S**tick to values, be **T**ruthful

PLEASE: treat **P**hysical health, **E**at a balanced diet, **A**void mood altering substances, **S**leep, **E**xercise

TIPP: **T**emperature, **I**ntense exercise, **B**raded breathing, **P**aired muscle relaxation

ACCEPTS: **A**ctivities, **C**ontributing, **C**omparisons, different **E**motions, **P**ushing away, distracting **T**houghts, **S**ensations

IMPROVE: **I**magery, **M**eaning, **P**rayer, **R**elaxing actions, **O**ne thing in the moment, brief **V**acation, self-**E**ncouragement