

# 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												Quality of Life Interfering Behaviors																
Target												Target																
Mon												Mon																
Tue												Tue																
Wed												Wed																
Thu												Thu																
Fri												Fri																
Sat												Sat																
Sun												Sun																

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</p> <p style="text-align: center;">Self- invalidation</p> <p style="text-align: center;">Active passivity</p> <p style="text-align: center;">Inhibited grieving</p> <p>Apparent competence</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</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:

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

SACRED self: Softness with self, Attitudes, Create a kind environment, Radical self-acceptance, E Deeply like yourself  
 DEAR MAN: Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate  
 GIVE: be Gentle, act Interested, Validate, use an Easy manner  
 FAST: be Fair, no Apologies, Stick to values, be Truthful

PLEASE: treat Physical health, Eat a balanced diet, Avoid mood altering substances, Sleep, Exercise  
 TIPP: Temperature, Intense exercise, Paced breathing, Paired muscle relaxation  
 ACCEPTS: Activities, Contributing, Comparisons, different Emotions, Pushing away, distracting Thoughts, Sensations  
 IMPROVE: Imagery, Meaning, Prayer, Relaxing actions, One thing in the moment, brief Vacation, self-Encouragement