Dialectical Behavior Therapy Diary Card	Name:	Filled Out in Session? Y N	How Often Did You Fill Out? __ Daily __ 2–3x __ 4–6x __ Once	Last Day Filled Out: Month __ Year __ Day __

Circle Start Day	Highest Urge To:			Highest Rating for Each Day										Actions			Emotions	Optional
Day of week	Commit Suicide	Self-Harm	Use Drugs	Emotion Misery	Physical Misery	Joy								Self-Harm	Lied	Used Skills*		
	0–5	0–5	0–5	0–5	0–5	0–5								Y/N	#	0–7		
MON																		
TUE																		
WED																		
THUR																		
FRI																		
SAT																		
SUN																		

Medications as Prescribed

Homework Assigned and Results This Week:

***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 = Automatically used them, didn't help
7 = Automatically used them, helped

Urges to:	Coming into Session (0–5)	Belief I Can Change or Regulate My:	Coming into Session (0–5)
Quit Therapy		Emotions	
Self Harm		Actions	
Commit Suicide		Thoughts	

Skills Focus This Week:

DBT Diary Card	Filled out this card? __ Daily __ 2–3x __ 4–6x Once __ In session	Check skills; circle days skill was practiced						
Mindfulness	Wise mind	MON	TUE	WED	THUR	FRI	SAT	SUN
	Observe: Just notice	MON	TUE	WED	THUR	FRI	SAT	SUN
	Describe: Put words on, just the facts	MON	TUE	WED	THUR	FRI	SAT	SUN
	Participate: Enter into the experience	MON	TUE	WED	THUR	FRI	SAT	SUN
	Nonjudgmentally	MON	TUE	WED	THUR	FRI	SAT	SUN
	One-mindfully: Present moment	MON	TUE	WED	THUR	FRI	SAT	SUN
	Effectively: Focus on what works	MON	TUE	WED	THUR	FRI	SAT	SUN
Interpersonal Effectiveness	DEAR	MON	TUE	WED	THUR	FRI	SAT	SUN
	MAN	MON	TUE	WED	THUR	FRI	SAT	SUN
	GIVE	MON	TUE	WED	THUR	FRI	SAT	SUN
	FAST	MON	TUE	WED	THUR	FRI	SAT	SUN
	Walked the middle path; Dialectics	MON	TUE	WED	THUR	FRI	SAT	SUN
	Validation	MON	TUE	WED	THUR	FRI	SAT	SUN
	Strategies to change behavior	MON	TUE	WED	THUR	FRI	SAT	SUN
Emotion Regulation	Checked the facts	MON	TUE	WED	THUR	FRI	SAT	SUN
	Did opposite action	MON	TUE	WED	THUR	FRI	SAT	SUN
	Problem-solved	MON	TUE	WED	THUR	FRI	SAT	SUN
	Accumulated positive emotions A	MON	TUE	WED	THUR	FRI	SAT	SUN
	Built mastery B	MON	TUE	WED	THUR	FRI	SAT	SUN
	Coped ahead C	MON	TUE	WED	THUR	FRI	SAT	SUN
	Reduced vulnerability: PLEASE	MON	TUE	WED	THUR	FRI	SAT	SUN
	Mindfulness of current emotion	MON	TUE	WED	THUR	FRI	SAT	SUN
Distress Tolerance	CRISIS STOP skill	MON	TUE	WED	THUR	FRI	SAT	SUN
	SURVIVAL Pros and cons	MON	TUE	WED	THUR	FRI	SAT	SUN
	TIP	MON	TUE	WED	THUR	FRI	SAT	SUN
	Distracted	MON	TUE	WED	THUR	FRI	SAT	SUN
	Self-soothed	MON	TUE	WED	THUR	FRI	SAT	SUN
	Improved the moment	MON	TUE	WED	THUR	FRI	SAT	SUN
	REALITY Radical acceptance	MON	TUE	WED	THUR	FRI	SAT	SUN
	ACCEPT Half-smiling, Willing Hands	MON	TUE	WED	THUR	FRI	SAT	SUN
	Willingness, Mindfulness of Current Thoughts	MON	TUE	WED	THUR	FRI	SAT	SUN

DEAR (Describe, Express, Assert, Reinforce)
MAN (Mindful, Appear confident, Negotiate)
GIVE (Gentle, Interested, Validate, Easy manner)
FAST (Fair, no Apologies, Stick to values, Truthful)
ABC (Accumulate positive emotions, Build mastery, Cope ahead)
PLEASE (Care: Physical, ills, Eating, Avoid mood-altering substances, Sleep, Exercise)
TIP (Temperature, Intense Exercise, Paced Breathing, Paired muscle relaxation)

	Additional Notes
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	