

Dialectical Behavior Therapy Skills Diary Card					Initials		Filled out in session		How often did you fill out this side?		Started:						
					ID #		Y N (Circle)		___ Daily ___ 2-3x 4-6x Once		Date ___/___/___						
Circle Start Day	Highest Urge To:				Highest Rating For Each Day								Actions				
	Commit Suicide 0-5	Self Harm 0-5	Use TB 0-5	Use TB 0-5	Physical Misery 0-5	Sadness 0-5	Fear 0-5	Shame & Guilt 0-5	Anger 0-5	Joy 0-5	Love 0-5	Self Harm Y/N	Target Behavior Y/N	Target Behavior Y/N	Used Skills* 0-7	Reinforce ✓	
Day of Week																	
MON																	
TUE																	
WED																	
THU																	
FRI																	
SAT																	
SUN																	

Is the door to Suicide/self-harm open? If so how?

**\*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

Urge to: (0-5)	Session		Ability to self-regulate / self-control: (0-5)	Session	
	Coming in	After		Coming in	After
Quit Therapy			Emotions:		
Use Drugs			Action:		
Commit Suicide			Thoughts:		

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DBT Skills Diary Card		Filled out this side? ___ Daily ___ 2-3x ___ 4-6x ___ Once ___ In session					Check Skills; Circle days skill was practiced		
Mindfulness	MON	TUE	WED	THUR	FRI	SAT	SUN	1. Wise Mind	
	MON	TUE	WED	THUR	FRI	SAT	SUN	2. Observe (urge surfing, just notice)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	3. Describe (put words on)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	4. Participate (enter into the experience)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	5. Non-judgmentally (just the facts: avoid "bad", "should", "stupid", etc.)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	6. One-mindfully (present moment)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	7. Effectiveness (focus on what works)	
Interpersonal Effectiveness	MON	TUE	WED	THUR	FRI	SAT	SUN	8. Figure out interpersonal goals and priorities: which is MOST important?	
	MON	TUE	WED	THUR	FRI	SAT	SUN	9. Describe __, Express __, Assert __, Reinforce __ (DEAR)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	10. Mindful: Broken record __, Ignore attacks __ (MAN)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	11. Appear confident __, Negotiate __ (GIVE)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	12. Gentle __, act Interested __, Validate __, Easy Manner __ (FAST)	
Emotion Regulation	MON	TUE	WED	THUR	FRI	SAT	SUN	13. Fair __, no Apologies __, Stick to values __, be Truthful __ (FAST)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	14. Attend to relationships	
	MON	TUE	WED	THUR	FRI	SAT	SUN	15. Describe emotions (put names on them)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	16. Opposite-to-the-emotion action	
	MON	TUE	WED	THUR	FRI	SAT	SUN	17. Accumulate positives __, Build mastery __, Cope ahead __ (ABC)	
Distress Tolerance	MON	TUE	WED	THUR	FRI	SAT	SUN	18. Physical ill __, Eat __, Avoid drugs __, Sleep __, Exercise __ (PLEASE)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	19. Temperature ice/heat __, Intense Exercise __, Progressive relax __ (TIP)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	20. Mindfulness of Current Emotion (it is a wave, let it come and go)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	21. Problem solve (challenge thinking, turn the mind)	
	MON	TUE	WED	THUR	FRI	SAT	SUN	22. Activities __, Contribute __, Compare __, change Emotion __, Push away thoughts __, substitute other Thoughts __, intense Sensations (Distract with "Wise Mind ACCEPTS")	
MON	TUE	WED	THUR	FRI	SAT	SUN	23. Self-soothe (the five senses)		
MON	TUE	WED	THUR	FRI	SAT	SUN	24. Imagery __, Meaning-making __, Prayer __, Relaxation __, One-thing-in-the-moment __, mini-Vacation __, Encourage yourself __ (IMPROVE the moment)		
MON	TUE	WED	THUR	FRI	SAT	SUN	25. Pros and Cons (of tolerating the distress)		
MON	TUE	WED	THUR	FRI	SAT	SUN	26. Radical Acceptance (turn the mind, willingness)		