DBT Diary Card

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Targets | | | | | | | | | | | | | Emotions | | | | | | |
| Date | Self  Harm | | Suicidal Ideation | Misery |  | |  | |  | |  | | Self-Acceptance | Compassion | Anger | Joy | Shame | Sadness | Fear |
|  | Urge | Action | 0-5 | 0-5 | Urge | Action | Urge | Action | Urge | Action | Urge | Action | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | 0-5 |

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*SUICIDAL IDEATION:* 0 = No thoughts 1 = Fleeting thoughts 2 = More intense 3 = Very Intense 4 = Developing specific plan 5 = Acting on plan

*INTENSITY:* 0 = Not at all1 = A bit2 = Somewhat3 = Rather Strong4 = VERY Strong5 = EXTREMELY STRONG

# How often did you fill in your diary card? \_\_\_\_\_ DAILY \_\_\_\_\_\_ 2 / 3 X’S WK \_\_\_\_\_\_ 1X WK Urge to quit therapy? \_\_\_\_\_\_\_

Notes for the Week:

|  |  |
| --- | --- |
| Mon | Agenda Items: |
| Tue |  |
| Wed |  |
| Thurs |  |
| Fri |  |
| Sat |  |
| Sun |  |

**Times needed to use telephone consultation? \_\_\_\_\_\_\_ Times did use telephone consultation? \_\_\_\_\_\_**

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| DBT Skills UseD |

Fill in the number for the degree to which you used the skill.

1. Realized afterwards that I should have used skill.
2. Thought about skill but chose not to use it.
3. Realized afterwards that I did use skill effectively.
4. Mindfully tried to use skill but wasn’t effective.
5. Mindfully used skill effectively.

M T W T F S S

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Core Mindfulness |  |  |  |  |  |  |  | **Wise Mind:** Accessed wisdom. Know truth. Be centered and calm. Balanced Emotional Mind and Reasonable Mind. Meditate. |
|  |  |  |  |  |  |  | **Observe:** Just notice the experience. “Teflon mind.” Control your attention. Smell the roses. Experience what is happening. |
|  |  |  |  |  |  |  | **Describe:** Put experiences into words. Describe to yourself what is happening. Put words on the experience. |
|  |  |  |  |  |  |  | **Participate:** Enter into the experience. Act intuitively from wise mind. Practice changing the harmful and accepting yourself. |
|  |  |  |  |  |  |  | **Nonjudgmental stance:** See but don’t evaluate. Unglue your opinions. Accept each moment. |
|  |  |  |  |  |  |  | **One-mindfully**: Be in-the-moment. Do one thing at a time. Let go of distractions. Concentrate your mind on the task at hand. |
|  |  |  |  |  |  |  | **Effectiveness**: Focus on what works. Learn the rules. Play by the rules. Act skillfully. Let go of vengeance and useless anger. |
| Interpersonal Eff. |  |  |  |  |  |  |  | **Objective effectiveness:** *DEAR MAN: D*escribe. *E*xpress. *A*ssert. *R*einforce. *M*indful. *A*ppear confident. *N*egotiate. |
|  |  |  |  |  |  |  | **Relationship effectiveness:** *GIVE: G*entle. *I*nterested. *V*alidation. *E*asy manner. |
|  |  |  |  |  |  |  | **Self-respect effectiveness:** *FAST: F*air. No *A*pologies. *S*tick to values. Be *T*ruthful. Cheerleading. |
|  |  |  |  |  |  |  | **Prioritizing:** Ranking the importance of your objective, the relationship, and self-respect. |
|  |  |  |  |  |  |  | **Challenging myths and beliefs:** Dispute the thoughts and beliefs that reduce interpersonal effectiveness. |
|  |  |  |  |  |  |  | **Options for intensity:** Determining how strongly to ask for or say no to something. |
| Emotion Regulation |  |  |  |  |  |  |  | **Identifying primary emotions:** Use the model of emotions to identify your primary emotions. |
|  |  |  |  |  |  |  | **Checking the facts:** Identify the facts of the situation (rather than thoughts, interpretations, or beliefs). |
|  |  |  |  |  |  |  | **Problem solving:** Identify the problem, check the facts, identify your goal, brainstorm solutions, evaluate solutions, and put a solution into action. |
|  |  |  |  |  |  |  | **Opposite-to-emotion action:** Change emotions by acting opposite to the current emotion (when it isn’t justified). Approach rather than avoid. |
|  |  |  |  |  |  |  | **Acquire positives in the short term:** Doing pleasurable things that you can do now. |
|  |  |  |  |  |  |  | **Acquire positives in the long term:** Making choices that match morals and values. |
|  |  |  |  |  |  |  | **Build mastery:** Try to do one (hard or challenging) thing a day to make yourself feel competent and in control. |
|  |  |  |  |  |  |  | **Cope ahead:** Imagine how you would skillfully cope with a situation before you are in it. |
|  |  |  |  |  |  |  | **PLEASE:** Reduce vulnerability, treat: *P*hysicalillness, balance *E*ating. *A*void drugs, balance *S*leep. *E*xercise daily. |
|  |  |  |  |  |  |  | **Letting go of emotional suffering:** Attending to emotional experiences. |
|  |  |  |  |  |  |  | **Managing extreme emotions:** Crisis survival skills, mindfulness of current emotions, apply emotion regulation skills. |
|  |  |  |  |  |  |  | **Troubleshooting emotion regulation:** Steps to follow when changing your emotion doesn’t work. |
| Distress Tolerance |  |  |  |  |  |  |  | ***TIPP:*** *T*emperature.  *I*ntense exercise. *P*rogressive muscle relaxation*. P*aced breathing. |
|  |  |  |  |  |  |  | **Distract**: Wise Mind *ACCEPTS Activities*. *C*ontributing. *C*omparisons. *E*motions. *P*ushing away. *T*houghts. *S*ensations. |
|  |  |  |  |  |  |  | **Self-soothe** with the 5 senses. Enjoy sights, sounds, smells, tastes and touch. Be mindful of soothing sensations. |
|  |  |  |  |  |  |  | ***IMPROVE*** the moment: *I*magery. *M*eaning. *P*rayer. *R*elaxation. *O*ne thing in the moment. *V*acation. *E*ncouragement. |
|  |  |  |  |  |  |  | **Pros and cons**: think about the +/- aspects of tolerating distress and the +/- aspects of not tolerating distress (engaging in impulsive behavior) |
|  |  |  |  |  |  |  | **Observing your breath**: Breathing to center yourself. |
|  |  |  |  |  |  |  | **Half-smile:** If you can’t change your feelings, change your face. Create posture of acceptance, willingness, and openness to experience. |
|  |  |  |  |  |  |  | **Awareness exercises:** Focus attention on allowing yourself to tolerate distress. |
|  |  |  |  |  |  |  | **Radical acceptance**: Choose to recognize and accept reality. Freedom from suffering = acceptance of facts from deep within / **not** approval. |
|  |  |  |  |  |  |  | **Turning the mind:** Choosing over and over again to accept even though emotion mind wants to reject reality. |
|  |  |  |  |  |  |  | **Willingness:** Doing what is needed in each situation. |
| Others |  |  |  |  |  |  |  | **Validate yourself** |
|  |  |  |  |  |  |  | Validate someone else |
|  |  |  |  |  |  |  | **Recognized need for skill but didn’t know which one. (Check which day of the week)** |