

Dialectical Behavioral Therapy Skills Diary Card	Name: _____	How often did you fill out? Daily 2-3x 4-6x Once	Last date filled out _____
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Day	Date	Highest urge to:			Max rating each day			Drugs/medications				Actions			Emotions			
		Attempt suicide 0-5	Self-harm 0-5	Use drugs 0-5	Emotion misery 0-5	Physical misery 0-5	Joy 0-5	Alcohol # what?	Rec. drugs # what?	Meds as pre-scribed Y/N	Rx/over-counter meds # what?	Self-harm Y/N	Lied #	Used skills* 0-7	0-5	0-5	0-5	0-5
M																		
Tu																		
W																		
Th																		
F																		
Sa																		
Su																		

Meds changed this week: Homework assigned & results this week:	<p style="text-align: center;">* Used skills (from above)</p> <p>0 = not thought about or used 4 = tried to use, could use, but didn't help 1 = thought about, didn't use, didn't want to 5 = tried to use, could use, helped 2 = thought about, didn't used, wanted to 6 = automatically used, but didn't help 3 = tried but couldn't use 7 = automatically used, helped</p> <table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:30%;">Urge to:</td> <td style="width:20%;">coming into session (0-5)</td> <td style="width:30%;">Belief I can change/regulate my:</td> <td style="width:20%;">coming into session (0-5)</td> </tr> <tr> <td>Attempt suicide</td> <td></td> <td>Emotions</td> <td></td> </tr> <tr> <td>Self-harm</td> <td></td> <td>Actions</td> <td></td> </tr> <tr> <td>Use substances</td> <td></td> <td>Thoughts</td> <td></td> </tr> </table>	Urge to:	coming into session (0-5)	Belief I can change/regulate my:	coming into session (0-5)	Attempt suicide		Emotions		Self-harm		Actions		Use substances		Thoughts	
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Attempt suicide		Emotions															
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Use substances		Thoughts															

Skills focus this week: _____

		Circle days when skill was practiced						
		Date:						
Mindfulness	States of Mind: Wise Mind	M	Tu	W	Th	F	Sa	Su
	Observe	M	Tu	W	Th	F	Sa	Su
	Describe	M	Tu	W	Th	F	Sa	Su
	Participate	M	Tu	W	Th	F	Sa	Su
	Nonjudgmentally	M	Tu	W	Th	F	Sa	Su
	One-mindfully	M	Tu	W	Th	F	Sa	Su
	Effectively	M	Tu	W	Th	F	Sa	Su
	Loving Kindness	M	Tu	W	Th	F	Sa	Su
	DEAR MAN	M	Tu	W	Th	F	Sa	Su
	GIVE	M	Tu	W	Th	F	Sa	Su
Interpersonal Effectiveness	FAST	M	Tu	W	Th	F	Sa	Su
	Dialectics	M	Tu	W	Th	F	Sa	Su
	Validation	M	Tu	W	Th	F	Sa	Su
	Behaviorism to change behavior	M	Tu	W	Th	F	Sa	Su
	Check the facts	M	Tu	W	Th	F	Sa	Su
Emotion Regulation	Opposite Action	M	Tu	W	Th	F	Sa	Su
	Problem Solving	M	Tu	W	Th	F	Sa	Su
	Accumulate positive experiences - A	M	Tu	W	Th	F	Sa	Su
	Build master - B	M	Tu	W	Th	F	Sa	Su
	Cope Ahead - C	M	Tu	W	Th	F	Sa	Su
	Reduce vulnerability - PLEASE	M	Tu	W	Th	F	Sa	Su
	Mindfulness of Current Emotion	M	Tu	W	Th	F	Sa	Su
	STOP	M	Tu	W	Th	F	Sa	Su
	Pros & Cons	M	Tu	W	Th	F	Sa	Su
	TIPP	M	Tu	W	Th	F	Sa	Su
Distress Tolerance	Distract	M	Tu	W	Th	F	Sa	Su
	Self-soothe	M	Tu	W	Th	F	Sa	Su
	Improve the moment	M	Tu	W	Th	F	Sa	Su
	Radical Acceptance	M	Tu	W	Th	F	Sa	Su
	Turning the Mind	M	Tu	W	Th	F	Sa	Su
	Willingness	M	Tu	W	Th	F	Sa	Su
	Half-smiling & willing hands	M	Tu	W	Th	F	Sa	Su
	Mindfulness of Current Thoughts	M	Tu	W	Th	F	Sa	Su

Adapted from Bob Goettle at Maple Leaf DBT