

Name						Date		Life worth living goal				
	Joy 0-10	Fear 0-10	Sad 0-10	Anger 0-10	Shame 0-10	Guilt 0-10		SI* Urge 0-5 or Action	NSSI* Urge 0-5 or Action			Notes
Sun												
Mon												
Tue												
Wed												
Thur												
Fri												
Sat												
*For suicide and self-harm: Rate the urge from 0-5, or if an action was made, put an "A".						Agenda for session?					Urge to quit 1-on-1 (0-5)	
											Urge to quit group (0-5)	
											Urge to quit meds (0-5)	

DIALECTICAL BEHAVIOR THERAPY WEEKLY DIARY CARD

Skill learned in group and the homework for the week?

	MON	TUE	WED	THUR	FRI	SAT	SUN	*Page references to the DBT Skills Book, second edition
Mindfulness								Trusting Wisemind p50
								Observe p53 (just notice, internal or external)
								Describe p53 (put words on, just the facts)
								Participate p53 (enter into the experience)
								Nonjudgmentally p60 (not good/bad or right/wrong)
								One-Mindfully p60 (present moment)
								Effectively d*\$ (focus on what works)
Interpersonal Effectiveness								Prioritize IE Goals d%& (Objectives, Relationship, Self-Respect)
								DEAR d%& (Describe, Express, Assert, Reinforce)
								MAN d%& (Mindful, Appear confident, Negotiate)
								GIVE d%& (Gentle, Interested, Validating, Easy manner)
								FAST d% \$ (be Fair, no Apologies, Stick to values, be Truthful)
								Middle Path p149 (Dialectics, Validation, Behavior change)
Emotion Regulation								Check the Facts p228 (examine interpretations/thoughts)
								Opposite Action p231 (when emotion urges are not effective)
								Problem Solving p241 (when emotions fit the facts)
								Accumulate Positives p248 (Short term and Long term)
								Build Mastery p256
								Cope Ahead p256
								PLEASE p257 (Physical Ills, Eating, Avoid drugs, Sleep, Exercise)
								Mindfulness of Current Emotion p264 (Ride the wave)
Distress Tolerance								STOP p327 (Stop, Take a step back, Observe, Proceed mindfully)
								Pros/Cons p328 (pros of skillful behavior/cons of problem behavior)
								TIPP p329 (Temperature (eg ice DIVE), Intense Exercise, Paired Muscle Relaxation, Paced breathing)
								ACCEPTS p333 (Activities, Comparisons, Contribute, different Emotion, Push away, Thoughts, Sensations)
								Self-Soothe p334 (With the five senses)
								IMPROVE p336 (Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, self-Encouragement)
								Radical Acceptance / Turning the Mind p342
								Half Smile / Willing Hands p346
								Mindfulness of Current Thoughts p350
								Addiction Skills p355 (Clear Mind, Dialectical Abstinence, Adaptive Denial, Burn Bridges, Urge Surfing, Community Reinforcement, Alternate Rebellion)
								Dialectical Thinking p149 (Can I see both sides?)