

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	
<b>Mindfulness</b>								<b>Trusting Wisemind</b>
								<b>Observe</b> (just notice, internal or external)
								<b>Describe</b> (put words on, just the facts)
								<b>Participate</b> (enter into the experience)
								<b>Non-Judgmentally</b>
								<b>One-Mindfully</b> (present moment)
								<b>Effectively</b> (focus on what works)
<b>Interpersonal Effectiveness</b>								<b>Prioritize IE Goals</b> (Objectives, Relationship, Self-Respect)
								<b>DEAR</b> (Describe, Express, Assert, Reinforce)
								<b>MAN</b> (Mindful, Appear confident, Negotiate)
								<b>GIVE</b> (Gentle, Interested, Validating, Easy manner)
								<b>FAST</b> (be Fair, no Apologies, Stick to values, be Truthful)
								<b>Middle Path</b> (Dialectics, Validation, Behavior change strategies)
<b>Emotion Regulation</b>								<b>Check the Facts</b> (examine interpretations, does emotion fit facts)
								<b>Opposite Action</b> (when emotion urges are not effective)
								<b>Problem Solving</b> (when emotions fit the facts)
								<b>Accumulate Positives</b> (Short term and Long term)
								<b>Build Mastery</b>
								<b>Cope Ahead</b>
								<b>PLEASE</b> (Physical Ills, Eating, Avoid drugs, Sleep, Exercise)
								<b>Mindfulness of Current Emotion</b> (Ride the wave)
<b>Distress Tolerance</b>								<b>STOP</b> (Stop, Take a step back, Observe, Proceed mindfully)
								<b>Pros / Cons</b> (pros of needed behavior / cons of target behavior)
								<b>TIPP</b> (Temp., Int. Exercise, Progressive Relaxation, Paced breathing)
								<b>ACCEPTS</b> (Activities, Comparisons, Contribute, different Emotion, Push away, Thoughts, Sensations)
								<b>Self-Soothe</b> (With the five senses)
								<b>IMPROVE</b> (Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, self-Encouragement)
								<b>Radical Acceptance / Turning the Mind</b>
								<b>Half Smile / Willing Hands</b>
								<b>Mindfulness of Current Thoughts</b>
								<b>Addiction Skills</b> (Clear Mind, Dialectical Abstinence, Adaptive Denial, Burn Bridges, Urge Surfing, Community Reinforcement, Alternate Rebellion)
								<b>Dialectical Thinking</b>