DBT Diary Card

Name: _____ Week of: _____ Filled out in session? Y / N How often? Daily / 4–6x / 2–3x / Once

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Wk
URGES (0–5)								
Suicidal thoughts								
Urge to self-harm								
Urge to use drugs or alcohol								
Urge to quit therapy								
EMOTIONS (0–5)								
Emotional misery								
Physical misery								
Joy								
Sadness								
Anger								
Fear								
Shame								
TARGET BEHAVIORS (Y/N)								
Self-harm								
Used drugs or alcohol								
Took meds as prescribed								
SKILLS USE (0–7)								
Skills use rating								

Day	Notes
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Wk
Mindfulness								
Wise mind								
Observe								
Describe								
Participate								
Nonjudgmental stance								
One-mindfully								
Effectiveness								
Interpersonal effectiveness								
DEAR MAN (getting what you want)								
GIVE (keeping the relationship)								
FAST (keeping self-respect)								
Validating others								
Mindfulness of others								
Emotion regulation								
Check the facts								
Opposite action								
Problem solving								
Accumulate positives								
Build mastery								
Cope ahead								
PLEASE skills								
Mindfulness of current emotion								
Distress tolerance								
STOP								
Pros and cons								
TIPP								
Distract (Wise Mind ACCEPTS)								
Self-soothe								
IMPROVE the moment								
Radical acceptance								
Turning the mind								
Willingness								
Half-smiling / willing hands								

Ratings: 0 = none, 5 = most intense. Wk = weekly average (ratings), times (Y), or days (skills). Skills use: 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 use them, 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.