## **DBT Diary Card**

Use this diary card to keep track of your DBT skill use throughout the week. Tick each day next to the skill you worked.

Did You Complete This In Group/With Therapist?

O YES O NO

How Often Did You Fill Out This Card?

O DAILY O 2-3X O ONCE

Urge To Use (0-5)

O 0 1 O 2 O 3 O 4 O 5

Before Session With Therapist
O 0 O 1 O 2 O 3 O 4 O 5

After Session With Therapist
O 0 O 1 O 2 O 3 O 4 O 5

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Before Session With Therapist  O 0 O 1 O 2 O 3 O 4 O 5									
After Session With Therapist  O 0 O 1 O 2 O 3 O 4 O 5									

01	Wise mind ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	Osun
02	Observe: just notice (Urge Surfing)	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
03	Describe: put words on ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
04	Participate: enter into the experience	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
05	Nonjudgmental stance ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
06	One-mindfully: in-the-moment ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
07	Effectiveness: focus on what works	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
08	Objective effectiveness: DEAR MAN	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
09	Relationship effectiveness: GIVE	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
10	Self-respect effectiveness: FAST	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
11	Reduce vulnerability: PLEASE ······	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
12	Build MASTERY	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
13	Build positive experiences	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
14	Opposite-to-emotion action	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
15	Distract (Adaptive Denial) ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
16	Self-soothe ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
17	Improve the moment	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
18	Pros and cons ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
19	Radical Acceptance	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
20	Building Structure - Work ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
21	Building Structure - Love	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
22	Building Structure - Time ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN
23	Building Structure - Place ·····	OMON	O TUES	O WED	O THURS	O FRI	O SAT	O SUN

