Dialectical Behavior Therapy Diary Card	Instructions: Circle the days worked on each skill	you	Filled out in session? Y		How often did you fill out this side? Daily 2-3x Once						
1. Wise mind		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
2. Observe: just notice (Urge Surfing)		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
3. Describe: put words on		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
4. Participate: enter into the experience		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
5. Nonjudgmental stance		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
6. One-mindfully: in-the-moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
7. Effectiveness: focus on what works		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
8. Objective effectiveness: DEAR MAN		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
9. Relationship effectiveness: GIVE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
10. Self-respect effectiveness: FAST		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
11. Reduce vulnerability: PLEASE		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
12. Build MASTERY		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
13. Build positive experiences		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
14. Opposite-to-emotion action (Alt. Reb	ellion)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
15. Distract (Adaptive Denial)		Mon	Tues	Wed	Thurs	Fri	(Sat)	Sun			
16. Self-soothe		Mon	Tues	Wed	Thurs)	Fri	Sat	(Sun)			
17. Improve the moment		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
18. Pros and cons		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
19. Radical Acceptance	half-smile	Mon	(Tues	Wed	Thurs	Fri	Sat	Sun			
20. Building Structure // Work		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
21. Building Structure // Love		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
22. Building Structure // Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun				
23. Building Structure // Place		Mon	Tues	Wed	Thurs	Fri	Sat	Sun			
Urge to use (0-5): Urge to quit therapy (0-5):	Before therapy session:	3		er therapy se er therapy se			Copyright 199	iary Card 99 Marsha M. n, Ph.D.			

Dialectical Behavior Therapy Diary Card										Filled out in session? VN How often did you fill out this session? Daily2-3x O									Date sta	rted	
		Urges to				Emotions							Dr	ugs			Act	ions			
Day & Date	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	•	Illicit		ЕТОН	I	Prescrip		OTC	S-H	Lying	Joy	Skills	R
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-5	1
Mon	0	3	4	4	5	5	0	2			+		_				N		0	0	T
Tues	0	3	4	4	5	5		2			1						7	j	0	0	
Wed	0	3	4	4	5		0										N	2	0	3	
Thur	0	3	4	4	5	4											N		0	4	T
Fri	0	4	5	4	5	5	0	2			-				H		N		0	4	T
Sat	0	9	5	4	5	5	0	3	-								Y	i	0	3	
Sun	0	4	4	4	5	5	3	3			-		_		H		Y	3	0	0	
5/5	75	Unimpor						1 = Tho 2 = Tho	thoug ught a	LS tht about about, not about, not couldn't	t use	ed, didn't ed, wante				4 = Tried, co 5 = Tried, co 6 = Didn't tr 7 = Didn't tr	uld use ti y, used th	hem, hel nem, did	lped n't help	ı't help	
				E	Before	Aft	ter	Belief in	cont	rol of		Befor	e	Afte	er	Urina	alysis (cir	cle)	1 2	3	
Urge	to use	(0-5):			0 0			Emotion	ns:			0		0)						
Urge	to quit	therapy	(0-5):		5	4		Behavio	rs:			0		0	_			C Diary C			
Urge	to har	m (0-5):			4	2	-	Though	ts:			0		()	Copyri	ght 1999 N	1arsha M	l. Linehan	, Ph.D.	

Dialectical Behavior Therapy Diary Card			Initials DF					Filled out in session? Y N How often did you fil Daily 2-3						ll out this side?			Date started				
-		Urges to				Emotions							Dr	ugs			Act	tions			
& Date	Use	Suicide	S-H	Pain	Sad	Shame	Ange	Fear	r	Illicit		ЕТОН	1	Prescrip		OTC	S-H	Lying	Joy	Skills	R
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-5	1
Mon	4	5	4								4	mixed		xanax		aspirin	N	0	0		
Tues		5				5	2			pot	5	mixed/ beer				,		0	1		
Wed			5																T .		
Thur	4		5							pot									1		
Fri	,		5++	t						pot							Y	1	0	4	
Sat	3	5	5	3	5	5	2			1					5	dexatring	N	1	0	2	
Sun		5	5		5	5										- Sp. 1. 1.	N	0	0	2	
		Unimpor						1 = Tho 2 = Tho	thou ught ught	LLS ght about about, not about, not t couldn't	use	ed, didn't ed, wante				4 = Tried, cou 5 = Tried, cou 6 = Didn't try 7 = Didn't try	ıld use ti , used ti	hem, hel ıem, did	ped n't help	ı't help	
				1	Before	Aft	er	Belief in	cont	rol of		Befor	e	Afte	r	Urina	lysis (cir	cle)	1 2	3	
Urge	to use	(0-5):			4			Emotion	ns:												
Urge	to qui	t therapy	(0-5):		4			Behavio	rs:									C Diary C			
Urge	to har	m (0-5):			4			Though	ts:							Copyrig	ht 1999 N	Iarsha M	. Linehan	, Ph.D.	

Dialectical Behavior Therapy In Diary Card						ID#		0.75	Filled out in session? YN How often did y Daily									Date started			
		Urges to				Emotions							Dr	ugs			Act	ions			
Day &	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear		Illicit		ЕТОН	Prescr			OTC	S-H	Lying	Joy	Skills	R
Date	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-5	1
Mon	3	0	1	4	3	2	1	3			2	beer	2	Elavil		_	N	0	1	5	
Tues	3	0	1	4	3	3	1	4		_	3	vodka		1		_	N	0	1	5	
Wed	3	0	1	4	3	3)	5		-	3	beer				_	N	0	0	5	
Thur	3	0	5	5	5	4	3	5		_	3	beer			2	Tylenol	N	i	1	5	
Fri	3	0	2	4	3	3	2	5		_	2:	3 beer				_	N	0	0	5	
Sat	3	0	2	4	3	3	١	4		_	4	vodka				_	N	2	0	3	
Sun	3	0	2	5	3	4	١	5		_	2	beer		V	4	TylenoL	N	1	0	5	
	_	Unimpor					1 2	l = Thou 2 = Thou	houg ght a ght a	LS ht about bout, not bout, not couldn't	use	d, didn't d, wante				4 = Tried, cor 5 = Tried, cor 6 = Didn't try 7 = Didn't try	uld use th	hem, hel iem, did	ped n't help	i't help	
				I	Before	Aft	er I	Belief in	conti	rol of		Befor	e	Afte	r	Urina	lysis (cir	cle)	1 2	3	
Urge	to use	(0-5):			3	3		Emotions	s:			1		2							
Urge	to quit	therapy	(0-5):		3	3	I	Behavior	s:			3		3				C Diary C			
Urge	to harı	m (0-5):			2	1	7	Thoughts	3:			0		0		Copyrig	ht 1999 N	Iarsha M	. Linehan	, Ph.D.	