

DBT of SJ DIARY CARD

Name: _____ Date Card was started: _____ Life Worth Living Goal: _____

Filled out in session? Yes No How often did you fill out this card? Daily 2-3 times Once

| Date | Suicidal Thinking, Suicidal Behavior | | Self-Harm | | Substance Abuse | | Eating Disorder Behavior | | Emotions (0=least intense 10=most intense) | | | | | | Lying (count) | Quit therapy 0-10 | Other | Asked for Help (Coaching) Y/N | Used Skills 0-7* | Achieved Commitment Y/N |
|------|--------------------------------------|--------------|------------|------------|-----------------|------------|--------------------------|------------|--|------------|------------|-----------|-------------|----------|---------------|-------------------|-------|-------------------------------|------------------|-------------------------|
| | SI 0-10 | Behavior Y/N | Urges 0-10 | Action Y/N | Urges 0-10 | Action Y/N | Urges 0-10 | Action Y/N | Sad 0-10 | Shame 0-10 | Anger 0-10 | Fear 0-10 | Misery 0-10 | Joy 0-10 | | | | | | |
| Mon | | | | | | | | | | | | | | | | | | | | |
| Tue | | | | | | | | | | | | | | | | | | | | |
| Wed | | | | | | | | | | | | | | | | | | | | |
| Thu | | | | | | | | | | | | | | | | | | | | |
| Fri | | | | | | | | | | | | | | | | | | | | |
| Sat | | | | | | | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | | | | | | | |

Day Daily Highlights (Events impacting emotions and behaviors) / Commitments (Skill To Practice)

| Day | Daily Highlights (Events impacting emotions and behaviors) / Commitments (Skill To Practice) | Skill Commitment: | Urge to: | Coming into Session (0-10) | Ability to Self-Regulate / Self-Control: | Coming into Session (0-10) |
|------|--|-------------------|----------------|----------------------------|--|----------------------------|
| Mon | | | Urge to: | Coming into Session (0-10) | Ability to Self-Regulate / Self-Control: | Coming into Session (0-10) |
| Tue | | | | | | |
| Wed | | | Quit Therapy | | Thought | |
| Thur | | | | | | |
| Fri | | | Self-Harm | | Emotion | |
| Sat | | | | | | |
| Sun | | | Commit Suicide | | Actions | |

Compliant with Prescribed Medications: M T W Th F Sat Sun
Continue on Back for Skills Portion!

| | | |
|---|--|--|
| 0 = Not thought about or used | 3 = Tried, but couldn't use them | 6= Didn't try, used them, they didn't help |
| 1 = Thought about, not used, didn't want to | 4 = Tried, could do them, they didn't help | 7= Didn't try, used them, helped |
| 2 = Thought about, not used, wanted to | 5 = Tried, could use them, helped | |

(Revised on 3/1/2018)



| ** 1. SOLVE THE PROBLEM 2. CHANGE HOW YOU FEEL ABOUT IT 3. ACCEPT/TOLERATE IT, OR 4. STAY MISERABLE! ** | | | | | | | | | |
|---|---|--|---|---|---|----|---|----|----|
| CORE MINDFULNESS | Just notice your experience or attend to your senses, without labeling the experience | Observe | M | T | W | Th | F | Sa | Su |
| | Put words on the experience, use words to describe observations and sensations | Describe | M | T | W | Th | F | Sa | Su |
| | Enter into the experience, become one with the experience, act intuitively | Participate | M | T | W | Th | F | Sa | Su |
| | Replace judgments of "good" or "bad" with facts (descriptions, consequences, preferences) | Non Judgmentally | M | T | W | Th | F | Sa | Su |
| | Attend to one thing in the moment, bring the mind back again and again | One Mindfully | M | T | W | Th | F | Sa | Su |
| | Identify goals and focus on what works; act skillfully; let go of being right | Effectively | M | T | W | Th | F | Sa | Su |
| | Attend to inner wisdom, balance thoughts with feelings to find a grounded certainty | Wise Mind | M | T | W | Th | F | Sa | Su |
| Interpersonal Effectiveness | Consider other side, notice connection to others, embrace change, consider transactional environment | Dialectical Thinking/Action | M | T | W | Th | F | Sa | Su |
| | Assess and take action steps when interpersonal skills are not working | Troubleshooting | M | T | W | Th | F | Sa | Su |
| | Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate (DEAR MAN) | Objectives Effectiveness | M | T | W | Th | F | Sa | Su |
| | Be Gentle , act Interested , Validate , use an Easy manner (GIVE) | Relationship Effectiveness | M | T | W | Th | F | Sa | Su |
| | Be Fair , no Apologies , Stick to values, be Truthful (FAST) | Self-Respect Effectiveness | M | T | W | Th | F | Sa | Su |
| Emotion Regulation | Identify prompting event, interpretation, emotion experience, expression, and after affects | Describe emotions | M | T | W | Th | F | Sa | Su |
| | Identify emotion & action urge, decide to decrease emotion, identify & do the opposite action | Opposite Action | M | T | W | Th | F | Sa | Su |
| | Assess problem, check facts, identify goal, brainstorm solutions, choose, try, evaluate outcome | Problem Solving | M | T | W | Th | F | Sa | Su |
| | Observe, experience as a wave, remember you are not the emotion, accept the emotion | Let Go of Suffering | M | T | W | Th | F | Sa | Su |
| Emotion Regulation: Reduce Vulnerability | Accumulate Positive Emotions; Do pleasant things now (short term) Build life worth living(long term) | Building a Life Worth Living (ABC-Skills) | M | T | W | Th | F | Sa | Su |
| | Build Mastery; Do things that make you feel competent and effective to combat hopelessness | | M | T | W | Th | F | Sa | Su |
| | Cope Ahead of time with emotional situations; Rehearse plan ahead to cope skillfully | | M | T | W | Th | F | Sa | Su |
| | Treat Physical Illness | Take Care of Your Mind By Taking Care of Your Body: (PLEASE Skills) | M | T | W | Th | F | Sa | Su |
| | Balanced Eating | | M | T | W | Th | F | Sa | Su |
| | Avoid Mood Altering Substances | | M | T | W | Th | F | Sa | Su |
| | Balanced Sleep | | M | T | W | Th | F | Sa | Su |
| | Get Exercise | | M | T | W | Th | F | Sa | Su |
| DISTRESS TOLERANCE SKILLS: Crisis Survival | Activities, Contribution, Comparison/Count Blessings, Opposite Emotions, Pushing Away, Thoughts (think about something more pleasant), Sensations | Distract (Wise Mind ACCEPTS) | M | T | W | Th | F | Sa | Su |
| | Be mindful of things that please/comfort your vision, hearing, smell, taste or touch | Self Soothe with 5 Senses | M | T | W | Th | F | Sa | Su |
| | Imagery, Meaning, Prayer, Relaxation, One Thing in the Moment (Awareness), Vacation, Encouragement | IMPROVE the Moment | M | T | W | Th | F | Sa | Su |
| | List positive and negative consequences for doing and for not doing an ineffective behavior | Pros and Cons | M | T | W | Th | F | Sa | Su |
| | Stop, Take a Step Back, Observe, Proceed Mindfully | STOP | M | T | W | Th | F | Sa | Su |
| | Temperature, Intense Exercise, Paced Breathing (slow it down) Paired Muscle Relaxation | TIPP | M | T | W | Th | F | Sa | Su |
| DISTRESS TOLERANCE: Reality Acceptance | Relax your face, Allow the corners of your lips to go slightly up, Adopt serene facial expression | Half Smile | M | T | W | Th | F | Sa | Su |
| | Observe thoughts, be curious, separate self from thoughts, allow thoughts to be | Mindfulness of Current Thoughts | M | T | W | Th | F | Sa | Su |
| | Notice reality, consider causes, practice accepting with whole self, let go of things you can't control | Radical Acceptance | M | T | W | Th | F | Sa | Su |
| | Notice turning from goal, make an inner commitment to step toward goal, do it again & again | Turning the Mind | M | T | W | Th | F | Sa | Su |
| | Willingness over Willfulness; Allow the world to be what it is, agree to participate in what is, effectively. Take a willing stance by accepting reality with your body | Willingness/Willing Hands | M | T | W | Th | F | Sa | Su |
| Other/Assigned | | | M | T | W | Th | F | Sa | Su |

