

Dialectical Behavior Therapy Adolescent Diary Card			First Name			Did you fill out Diary Card in session? ____Y ____N How often did you fill out Diary Card? ____Daily ____2-3x ____Once						Did you use coaching? ____Y ____N How many times? _____					Date Started:					
Date	Self-Harm		Suicidal		Meds	School	Drugs/Alc		Problem Eating		Behaviors		Emotions								Notes:	
	Urge	Actions	Thoughts	Actions	Taken as Prescribed	Cut Class/School	Urge	Used	Urge	Action	Sleep	Lying	Anger	Fear	Happy	Anxious	Depressed	Shame	Energy Level	Skills *		
	0-5	Y/N	0-5	Y/N	Y/N	0-5	0-5	Y/N	0-5	Y/N	Hours	Y/N	0-5	0-5	0-5	0-5	0-5	0-5	0-10	0-7		
Sun /																						
Mon /																						
Tues /																						
Wed /																						
Thurs /																						
Fri /																						
Sat /																						

***USED SKILLS**

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 do them but they 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

Rating Scale for Emotions and Urges (above):

0 = Not at all; 1 = A bit; 2 = Somewhat; 3 = Rather strong; 4 = Very strong; 5 = Extremely strong

Urge to harm self: ____ Urge to quit therapy: ____ Misery Index: ____

Instructions: Circle the days you worked on each skill

Skill	Core Mindfulness							Distress Tolerance							Walking the Middle Path							Emotion Regulation	Interpersonal Effectiveness																			
	1. Wise Mind	2. Observe	3. Describe	4. Participate	5. Nonjudgmental stance	6. Stay Focused (One-mindfully)	7. Do what works (Effectiveness)	8. Accepts (Distract)	9. Self-soothe (Five senses)	10. Improve the moment	11. Pros and cons	12. TIPP	13. Radical acceptance	14. Positive reinforcement	15. Validate self	16. Validate someone else	17. Think dialectically (non black and white)	18. Act dialectically (walk the middle path)	19. Identify and label emotions	20. Build positive experiences	21. Values and priorities		22. Work toward long-term goals	23. Build mastery	24. Cope ahead	25. PLEASE	26. Opposite to emotion action	27. Check the facts	28. Do problem solving	29. DEAR MAN	30. GIVE	31. FAST	32. Cheerleading statements for worry thoughts	33. THINK								
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Miller, Rathus, & Linehan, 2007

SHORT DESCRIPTION OF DBT SKILLS

Core Mindfulness	WISE MIND	The wise mind is the balance between the emotional mind and reasonable mind
	OBSERVE	Notice without getting caught in the experience. Experience without reacting to your experience.
	DESCRIBE	When a feeling or thought arises, or you act, acknowledge it. Describe to yourself what is happening. Label your feelings. Call a thought just a thought; a feeling just a feeling.
	PARTICIPATE	Enter into your experience, act intuitively, practice.
	NON-JUDGMENTAL STANCE	See but don't evaluate. Focus on the "what" and not the "good," "terrible," "wonderful," "should," and "should not."
	STAY FOCUSED (one-mindedly)	Focus on the moment- do one thing at a time and focus on what you are doing or whom you are with. Let go of distractions.
	DO WHAT WORKS (Effectiveness)	Focus on what works. Do what needs to be done in each situation. Stay away from a judgmental stance. Play by the rules. Act as skillfully as you can, meeting the needs of the situation. Keep an eye on objectives and what you need to do to get them. Let go of useless anger, vengeance, and righteousness that hurts you.
Interpersonal Effectiveness	DEAR MAN (Objective Effectiveness)	Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate
	GIVE (Relationship Effectiveness)	Be Gentle, act Interested, Validate, use an Easy manner
	FAST (Self-Respect Effectiveness)	Be Fair, no Apologies, Stick to values, be Truthful
	CHEERLEADING	Turn negative thoughts into positive, encouraging, realistic thoughts.
	THINK	Think about it from other person's perspective. Have empathy. Interpretations. Notice. Use Kindness.
Emotion Regulation	BUILD POSITIVE EXPERIENCES	Short term: do pleasant things that are possible now. Long term: make changes in your life so that positive events will occur more often. Build a "life worth living."
	BUILD MASTERY	Engage in activities that make you feel competent and in control.
	COPE AHEAD	Cope ahead of time with emotional situations. Rehears a plan ahead of time so that you are prepared to cope skillfully with emotional situations.
	PLEASE (Reduce Emotional Vulnerability)	Treat Physical illness, balance Eating, avoid mood-Altering drugs, balance Sleep, get Exercise
	OPPOSITE TO EMOTION ACTION	Change emotions by acting opposite to current emotion/urge.
	CHECK THE FACTS	Check out whether your reactions fit the facts of the situation. Changing beliefs and assumptions to fit the facts will help change your emotional reactions.
Distress Tolerance	PROBLEM SOLVE	When the facts themselves are the problem, solving emotional problems consistently will reduce the frequency of negative emotions.
	ACCEPT (distract)	Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations
	SELF-SOOTHE	Use the senses: vision, hearing, taste, smell, touch
	IMPROVE the moment	Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement
	PROS AND CONS	Examine the short-term and long-term pros and cons.
	TIPP	Temperature, Intense exercise, Pace breaking, Progressive muscle-relaxation.
Walking the Middle Path	RADICAL ACCEPTANCE	Acknowledge what is, let go of fighting reality. Use TURNING the MIND to commit to acceptance over and over again.
	POSITIVE REINFORCEMENT	Increase frequency of desired behavior by providing a reward.
	VALIDATE SELF	Perceive your feelings/thoughts/actions as making sense, accurate, and acceptable.
	VALIDATE SOMEONE ELSE	Communicate that others' thoughts/feeling/actions make sense, are accurate, and acceptable.
	THINK DIALECTICALLY	Move from "either-or" to "both-and" statements. Avoid "always" and "never" statements.
ACT DIALECTICALLY	Practice looking at all sides of the situation. Find the kernel of truth.	

Skills to focus on this week:

Monday		
Tuesday		Saturday
Wednesday		Sunday
Thursday		Things to remember to talk about in therapy:
Friday		