

Minnesota Center for Psychology- DBT-SUD DIARY CARD

NAME: _____ Start Date: _____ Did you lie on this card? Y or N

DATE	RX	ANG	ANX	SAD	GUILT	SHAME	JOY	PAIN	SI	SIB	TIB	ALC	DRUG	HS	QUIT TX			
MON		/	/	/	/	/	/	/	/	/	/	/	/					
TUES		/	/	/	/	/	/	/	/	/	/	/	/					
WED		/	/	/	/	/	/	/	/	/	/	/	/					
THUR		/	/	/	/	/	/	/	/	/	/	/	/					
FRI		/	/	/	/	/	/	/	/	/	/	/	/					
SAT		/	/	/	/	/	/	/	/	/	/	/	/					
SUN		/	/	/	/	/	/	/	/	/	/	/	/					

SKILLS USED	MON	TUE	WED	THU	FRI	SAT	SUN
Wise Mind							
Clear Mind							
Observe: <i>just notice</i>							
Describe: <i>put words on</i>							
Participate: <i>enter into the experience</i>							
Nonjudgmentally: <i>factually, no good/bad</i>							
One-Mindfully: <i>one thing in the moment</i>							
Effectively: <i>doing what works to meet goal</i>							
DEAR MAN: <i>Objective effectiveness</i>							
GIVE: <i>Relationship effectiveness</i>							
FAST: <i>Self-respect effectiveness</i>							
Check the Facts							
Opposite Action							
Problems Solving							
Accumulating Positives (short-term)							
Building Life Worth Living (long-term)							
Build Mastery							
Cope Ahead							
PLEASE: <i>taking care of the physical body</i>							
STOP							
Pros and Cons							
TIP: <i>your body chemistry</i>							
Distract: <i>with ACCEPTS</i>							
Self-Soothe: <i>with the five senses</i>							
IMPROVE the Moment							
Radical Acceptance							
Turning the Mind							
Willingness							
Half Smile and Willing Hands							
Urge Surfing							
Community Reinforcement							
Burning Bridges and Building Bridges							
Alternate Rebellion							
Adaptive Denial							

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

CORE MINDFULNESS	WISE MIND	The wise mind is the balance between the emotional mind and the reasonable mind.
	CLEAR MIND	Embracing abstinence (clean mind) while remaining mindful of vulnerabilities (addict mind).
	OBSERVE	Notice without getting caught in the experience. Experience without reacting to your experience.
	DESCRIBE	Describe in detail what is happening with your emotions, body, thoughts, and urges.
	PARTICIPATE	Enter into your experiences, act intuitively, practice.
	NONJUDGMENTAL STANCE	Factually describe without labeling things as “good” or “bad,” “right” or wrong.” Don’t evaluate or judge, but describe what is happening in reality.
	ONE-MINDFULLY	Focus on the current moment doing one thing at a time.
INTER-PERSONAL	DEAR MAN (Objective Effectiveness)	Describe, Express, Assert, Reinforce , stay Mindful, Appear confident, Negotiate . Use this when you want to make a request, or to get something or say no to someone.
	GIVE (Relationship Effectiveness)	Be Gentle , act Interested, Validate , use an Easy manner. Use this when you want to build or maintain a positive relationship with someone.
	FAST (Self-Respect Effectiveness)	Be Fair , no Apologies, Stick to values, be Truthful . Use this when maintaining your own values and self-respect is the highest priority.
EMOTION REGULATION	CHECK THE FACTS	Check if your emotions/reactions fit the facts of the situation by examining your beliefs.
	OPPOSITE ACTION	Change Emotions by acting opposite to your current emotion and behavioral urge.
	PROBLEM SOLVING	When the facts themselves are the problem, identify options with their pros/cons, take action.
	ACCUMULATE POSITIVES (short term)	Do pleasant activities that are possible NOW to increase positive experiences and emotions.
	BUILDING A LIFE WORTH LIVING (long term)	Using your values and priorities while taking steps to create a life for the long term that makes you feel satisfied; a life you want to live.
	BUILD MASTERY	Engaging in activities that build your sense of competence and confidence.
	COPE AHEAD	Plan ahead of time by rehearsing how you will skillfully react during situations with high emotional intensity.
DISTRESS TOLERANCE	PLEASE	Treat Physical illness, balance Eating , avoid mood- Altering drugs, balanced Sleep, Exercise
	STOP	Stop, Take a step back, Observe, Proceed mindfully.
	PROS and CONS	Examine short term and long term pros and cons.
	TIP	Temperature, Intense exercise, Pace breathing- Paired muscle relaxation.
	DISTRACT (with ACCEPTS)	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.
	RADICAL ACCEPTANCE	Acknowledge what is happening in reality, let go of fighting reality.
	TURNING THE MIND	Use TURNING the MIND to recommit to reality acceptance over and over again.
	WILLINGNESS	Remain open to being skillful and effective; keep a willing body, try willing thoughts.
	HALF SMILE/ WILLING HANDS	Accepting reality by turning the corners of your mouth upward/open and relaxed hands.
	URGE SURFING	Adopt a curious mind while observing your own thoughts and urges. Don’t block or suppress. Ride the wave of observing/describing urges. Stay alert to changes as urges reduce.
	BURNING/BUILDING BRIDGES	Eliminating options to obtain/use substances. Create new visual images and smells
	ALTERNATE REBELLION	Skillfully rebelling against conventionality to satisfy an urge to break the rules while staying focused on doing what works.
ADAPTIVE DENIAL	Push away distressing thoughts through skillful self-deception	