

DBT-SUD Diary Card Key

	Descriptions	Ranking
RX	Take Meds?	Yes or No
ANG	Anger (ranging from irritation to rage)	1 – 10* for the highest intensity of the day
ANX	Anxiety (ranging from concerned to panic)	
SAD	Sadness (ranging from discontent to despair)	
GUILT	Guilt (ranging from apologetic to deep regret)	
SHAME	Shame (ranging from embarrassed to mortified)	
JOY	Joy (ranging from contentment to exhilaration)	
PAIN	Physical Pain (ranging from minor to major)	
SI	Suicidal Ideation (thoughts of killing yourself)	Intensity of urges (#)
SIB	Self-injury behavior (purposefully drawing blood, causing tissue damage)	
TIB	Therapy-interfering behavior (examples: missing appointments, assignments)	
ALC	Alcohol	
DRUG	Drugs	
		Yes or No: Whether or not you acted on the urges.
HS	Hours of Sleep	Number of Hours
QUIT TX	Urges to Quit Therapy	0 – 10*
OTHER	Anything else you want to track	
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* 0= none, 1= low, 10=high

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