

Dialectical Behavioral Therapy Skills Diary Card							Name					How often did you fill out? Daily <input type="checkbox"/> 2-3x <input type="checkbox"/> 4-6x <input type="checkbox"/> Once <input type="checkbox"/>				Last Date Filled Out				
Day of Week	Highest Urge To			Highest Rating for Each Day			Drugs/Medication					Actions				Emotions		Optional		
	Kill Myself	Harm Myself	Use Drugs	Emotion Misery	Physical Misery	Joy	Alcohol		Illicit Substances		Medication as Prescribed	Over the Counter Medication		Hurt Myself	Skills	Lied	High Risk Sex			
	0-5	0-5	0-5	0-5	0-5	0-5	#	What?	#	What?	Y/N	#	What?	Y/N	0-7	#	Y/N			
Mon																				
Tues																				
Wed																				
Thurs																				
Fri																				
Sat																				
Sun																				
Homework Assigned This Week:							Skills Used 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 = Automatically used them, didn't help 7 = Automatically used them, helped													
Homework Results This Week:																				
							Urge to:		Coming into Session (0-5)		Belief I can change _____ and make things better				Coming Into Session (0-5)					
Goal progress this week (click one)							Quit Therapy				Emotion:									
1 a lot less 2 3 no change 4 5 a lot more							Use Drugs				Thought:									
							Kill Myself				Behavior:									
DBT Skills Check days skills were practiced							Skills to focus on this week:													
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Wise Mind Observe: just notice Describe: put words on, just the facts Participate: enter into the experience Non-judgemental stance One-mindfully: present moment Effectiveness: focus on what works													
							Middle Path Dialectics Validation Strategies for increasing and decreasing behavior													
							Distress Tolerance Pros and Cons TIPP Distract Self-Soothe Improve the Moment Radical Acceptance Half-smiling, Willing Hands Willingness, Alternative Rebellion													
							Emotion Regulation Opposite Action Problem Solving Reduce Vulnerability (PLEASE) Accumulate Positive Experiences Build Mastery Cope Ahead Clarify Goals													
							Interpersonal Effectiveness DEAR MAN GIVE FAST													