


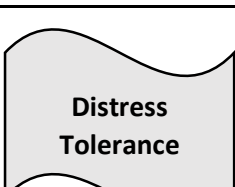


DBT Diary Card								
Filled out in session Y <input type="checkbox"/> N <input type="checkbox"/>		How often did you fill out your card? Daily <input type="checkbox"/> 2-3x <input type="checkbox"/> Once <input type="checkbox"/>				Date Started:		
Emotion		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Happiness	0-10							
Anxiety	0-10							
Anger	0-10							
Sadness	0-10							
Guilt	0-10							
Shame	0-10							
<b>Targets</b>								
SI (Active)	#							
SI (Passive)	#							
Self-Harm	#							
Self-Harm (Intensity)	0-10							
Self-Harm (urges)	#							
Other								

	Filled out this card? <input type="checkbox"/> Daily <input type="checkbox"/> 2-3x <input type="checkbox"/> 4-6x <input type="checkbox"/> In session	Circle the days that a skill was practiced						
		MON	TUE	WED	THUR	FRI	SAT	SUN
 <p><b>Mindfulness</b></p>	Wise mind	MON	TUE	WED	THUR	FRI	SAT	SUN
	Observe: Just notice	MON	TUE	WED	THUR	FRI	SAT	SUN
	Describe: Put words on, just the facts	MON	TUE	WED	THUR	FRI	SAT	SUN
	Participate: Enter into the experience	MON	TUE	WED	THUR	FRI	SAT	SUN
	Nonjudgmentally	MON	TUE	WED	THUR	FRI	SAT	SUN
	One-mindfully: Present moment	MON	TUE	WED	THUR	FRI	SAT	SUN
Effectively: Focus on what works	MON	TUE	WED	THUR	FRI	SAT	SUN	
 <p><b>Interpersonal Effectiveness</b></p>	DEAR	MON	TUE	WED	THUR	FRI	SAT	SUN
	MAN	MON	TUE	WED	THUR	FRI	SAT	SUN
	GIVE	MON	TUE	WED	THUR	FRI	SAT	SUN
	FAST	MON	TUE	WED	THUR	FRI	SAT	SUN
	Walked the middle path; Dialectics	MON	TUE	WED	THUR	FRI	SAT	SUN
	Validation	MON	TUE	WED	THUR	FRI	SAT	SUN
Strategies to change behavior	MON	TUE	WED	THUR	FRI	SAT	SUN	
 <p><b>Emotional Regulation</b></p>	Checked the facts	MON	TUE	WED	THUR	FRI	SAT	SUN
	Did opposite action	MON	TUE	WED	THUR	FRI	SAT	SUN
	Problem-solved	MON	TUE	WED	THUR	FRI	SAT	SUN
	Accumulated positive Emotions A	MON	TUE	WED	THUR	FRI	SAT	SUN
	Built mastery B	MON	TUE	WED	THUR	FRI	SAT	SUN
	Coped ahead C	MON	TUE	WED	THUR	FRI	SAT	SUN
Reduced vulnerability: PLEASE	MON	TUE	WED	THUR	FRI	SAT	SUN	
Mindfulness of current emotion	MON	TUE	WED	THUR	FRI	SAT	SUN	
 <p><b>Distress Tolerance</b></p>	STOP skill	MON	TUE	WED	THUR	FRI	SAT	SUN
	Pros and cons	MON	TUE	WED	THUR	FRI	SAT	SUN
	TIPP	MON	TUE	WED	THUR	FRI	SAT	SUN
	Distracted	MON	TUE	WED	THUR	FRI	SAT	SUN
	Self-soothed	MON	TUE	WED	THUR	FRI	SAT	SUN
	Improved the moment	MON	TUE	WED	THUR	FRI	SAT	SUN
Radical acceptance	MON	TUE	WED	THUR	FRI	SAT	SUN	
Half-smiling, Willing Hands	MON	TUE	WED	THUR	FRI	SAT	SUN	
Willingness, Mindfulness of Current Thoughts	MON	TUE	WED	THUR	FRI	SAT	SUN	

DEAR (Describe, Express, Assert, Reinforce)  
 MAN (Mindful, Appear confident, Negotiate)  
 GIVE (Gentle, Interested, Validate, Easy manner)  
 FAST (Fair, no Apologies, Stick to values, Truthful)  
 ABC (Accumulate positive emotions, Build mastery, Cope ahead)  
 PLEASE (Care: Physical ills, Eating, Avoid mood-altering substances, Sleep, Exercise)  
 TIPP (Temperature, Intense Exercise, Paced Breathing, Paired muscle relaxation)