

Page #	DBT SKILLS: Circle the days you worked on each skill							
Mindfulness								
9	1. Be Mindful	Mon	Tues	Wed	Thu	Fri	Sat	Sun
11	2. Use Wise Mind	Mon	Tues	Wed	Thu	Fri	Sat	Sun
12	3. What skills(observe, describe, participate)	Mon	Tues	Wed	Thu	Fri	Sat	Sun
13	4. How skills (nonjudgmental, one mindfully, effectively)	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Distress Tolerance								
##	5. Urge Surfing	Mon	Tues	Wed	Thu	Fri	Sat	Sun
21	6. Soothing with the 5 senses	Mon	Tues	Wed	Thu	Fri	Sat	Sun
24	7. Distraction (activities, do something for someone, with comparison, thoughts,)	Mon	Tues	Wed	Thu	Fri	Sat	Sun
25	8. Improve the moment (imagery, meaning, prayer, relaxation, one thing at a time, mini-vacation, encouragement)	Mon	Tues	Wed	Thu	Fri	Sat	Sun
26	9. Pros and Cons	Mon	Tues	Wed	Thu	Fri	Sat	Sun
22	10. TIP your body chemistry (cold water, paced breathing, intense exercise, and muscle relaxation)	Mon	Tues	Wed	Thu	Fri	Sat	Sun
31	11. Radical acceptance	Mon	Tues	Wed	Thu	Fri	Sat	Sun
32	12. Turning the mind	Mon	Tues	Wed	Thu	Fri	Sat	Sun
10	13. Willingness	Mon	Tues	Wed	Thu	Fri	Sat	Sun
36	14. Half smile	Mon	Tues	Wed	Thu	Fri	Sat	Sun
36	15. Willing hands	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Emotion Regulation								
##	16. Validate one's own emotions	Mon	Tues	Wed	Thu	Fri	Sat	Sun
62	17. Check the facts	Mon	Tues	Wed	Thu	Fri	Sat	Sun
66	18. Problem Solving	Mon	Tues	Wed	Thu	Fri	Sat	Sun
68	19. Opposite to Emotion Urge Action	Mon	Tues	Wed	Thu	Fri	Sat	Sun
84, 89	20. Accumulating Positive emotions: be mindful of a pleasant event	Mon	Tues	Wed	Thu	Fri	Sat	Sun
94	21. Build Mastery: do something that builds a sense of accomplishment	Mon	Tues	Wed	Thu	Fri	Sat	Sun
94	22. Cope Ahead	Mon	Tues	Wed	Thu	Fri	Sat	Sun
96	23. PLEASE (take care of yourself: exercise, get good sleep, eat well, take meds, avoid drugs and alcohol)	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Interpersonal Effectiveness								
107	24. Clarify goals (Think about what I want from an interaction)	Mon	Tues	Wed	Thu	Fri	Sat	Sun
109-110	25. DEAR MAN (d escribe, e xpress, a ssert, r einforce, stay m indful, appear confident and n egotiate) getting what you want	Mon	Tues	Wed	Thu	Fri	Sat	Sun
112	26. GIVE (be g entle, act interested, v alidate others, use an e asy manner) protecting the relationship	Mon	Tues	Wed	Thu	Fri	Sat	Sun
114	27. FAST (be f air, no a pologies, s tick to values, be t ruthful) keeping self-respect	Mon	Tues	Wed	Thu	Fri	Sat	Sun
		Mon	Tues	Wed	Thu	Fri	Sat	Sun
		Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Did these skills help? Y or N							

DBT Diary Card	Start date _____	How many times did you fill this out the last week? _____ daily _____ 2-3x _____ 4-6 x _____ once
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Day of Week	Highest Urge to:			Highest rating for each day			Drugs/Medications						Actions			Emotion/Behavior (optional)	
	Commit Suicide	Self-Harm	Use Drugs	Emotion Misery	Physical Misery	Joy	Alcohol		Illegal Drugs		Prescribed Meds	OTC Meds		Self-Harm	Lied	Used Skills *	
	0-5	0-5	0-5	0-5	0-5	0-5	#	What?	#	What?	Y/N	#	What?	Y/N	#	0-7	
Mon																	
Tues																	
Wed																	
Thurs																	
Fri																	
Sat																	
Sun																	

Urges to quit therapy this week: (0-5)	Skills used to manage this:	<p style="text-align: right; margin: 0;">* Used Skills</p> <p>0 = Not thought about or used</p> <p>1 = Thought about, not used, didn't want to</p> <p>2 = Thought about, not used, wanted to</p> <p>3 = Tried but couldn't use them</p> <p>4 = Tried, could do them but they didn't help</p> <p>5 = Tried, could use them, helped</p> <p>6 = Automatically used them, didn't help</p> <p>7 = Automatically used them, helped</p>
Belief I can change or regulate my:	0-5	
Emotions		
Actions		
Thoughts		

Homework Assignment and Results this week: