

ADOLESCENT DIALECTICAL BEHAVIOR THERAPY DIARY CARD

Name: _____ No. of times filled out: Daily 2-3 times Once Date: _____

	Urges			Actions			Use				Emotions: 0 = not at all 1 = a bit 2 = somewhat 3 = strong 4 = very strong 5 = extremely strong										Sleep		
	Self-Harm	Suicide	Use	Self-Harm	Suicide attempt	Avoid	Street drugs	Alcohol	Prescriptions	Over-the-counter	Physical misery	Anger	Shame	Sad	Fear	Envy	Jealousy	Guilt	Joy	Peaceful	Love	Hours	
	0-5	0-5	0-5	#	#	what?	Specify	Specify	Specify	Specify	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	
Mon																							
Tues																							
Wed																							
Thurs																							
Fri																							
Sat																							
Sun																							

Therapy Interfering Behaviors			Incidents: Yes No					Quality of Life Interfering Behaviors				
Day			Conflict parents	Conflict sibling(s)	Conflict peers	Conflict teacher	Lost temper	Target				
Mon								Mon				
Tues								Tues				
Wed								Wed				
Thurs								Thurs				
Fri								Fri				
Sat								Sat				
Sun								Sun				

Working to Find the Middle Path	What I did well this week What I want to talk about in therapy
<p style="font-size: small;">They're the problem</p> <p style="font-size: small;">Change now!</p> <p style="font-size: small;">I can do it all</p> <p style="font-size: small;">I'm helpless</p> <p style="font-size: small;">I give up!</p> <p style="font-size: small;">I'm the problem</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
Discussed diary card with therapist? Yes <u> </u> No <u> </u>	

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Missed?	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Physical illness								Work							
Medical care								School							
Hospitalized								Therapy							
Avoided hospital with skills								Other							
Coaching calls															

DBT CENTER
OF LAWRENCE

Updated 3/28/19

Client name: _____

Date: _____

Module	Skill	Comments - How skills were used during the week
Core Mindfulness	Wise mind	
	Observe	
	Describe	
	Participate	
	Nonjudgmental stance	
	One-mindfully	
	Effectiveness	
Distress Tolerance	STOP	
	Pros and cons	
	TIPP	
	Distract with ACCEPTS	
	Self-soothe	
	IMPROVE the moment	
	Radical acceptance	
	Turn the mind	
	Willingness	
	Half-smile/Willing hands	
	Mindfulness of thoughts	
Emotion Regulation	Observe & describe emotions	
	Check the facts	
	Opposite action	
	Problem-solving for emotion	
	Accumulating pos. experiences	
	Build mastery	
	Cope ahead	
	PLEASE	
	Mindfulness of emotions	
Walking the Middle Path	Thinking/Acting dialectically	
	Validation	
	SACRED self	
	Behavior change	
Interpersonal Effectiveness	DEAR MAN	
	THINK	
	GIVE	
	FAST	
	Mindfulness to others	
Addictions	Dialectical abstinence	
	Clear mind	
	Community reinforcement	
	Burning/Building new bridges	
	Alternate rebellion	
Adaptive denial		