

[illegible]

Name:

Date:

Therapist:

DIALECTICAL BEHAVIOR THERAPY DIARY CARD			in session?	Y	N	did you fill out this side?	__ Daily	__ 2-3x	__ Once
Core Mindfulness	What	Wise mind: blending emotion mind and rational mind							
		Observe: just notice, urge surfing							
		Describe: put words on							
		Participate: enter into the experience, flow							
	How	Nonjudgmental stance: not evaluating as good/bad or right/wrong							
		One mindfully: focus and awareness on one thing, let go of distractions							
		Effectiveness: doing what works, playing by the rules, letting go of righteousness							
		Self-compassion/SACRED self							
Interpersonal Effectiveness	DEAR MAN: obtain goals, get what you want, be taken seriously								
	GIVE: maintain/improve relationship, balance immediate and long-term goals								
	FAST: maintain/improve feelings about self, respect values, saying no w/o guilt								
Middle Path	Validation: of self and others, acknowledge thoughts/feelings/emotions as valid								
	Dialectics: look at poles, truth in opposing sides/forces, acceptance and change								
Emotion Regulation	Check the facts: check to see whether your emotion or the intensity of your emotion is justified								
	Problem solving: check the facts, the facts themselves are problems (justified emotions)								
	Opposite to emotion action: act opposite of how you feel (unjustified emotions)								
	Accumulate positive experiences: short-term and long-term, focus on positive aspects								
	Build mastery: schedule and complete activities and tasks to build competence								
	Cope ahead: imagine being effective ahead of time, prepare for difficult situations								
	PLEASE: reduce emotional vulnerability								
Distress Tolerance	STOP: Stop, Take a step back, Observe, Proceed mindfully								
	TIPP: change your body chemistry quickly								
	Distract with ACCEPTS								
	Self-soothe: calm/soothe through the five senses								
	IMPROVE the moment								
	Pros and cons: list advantages and disadvantages of acting on vs. resisting crisis urges								
	Radical acceptance: let go of fighting, accept reality (not necessarily approval), tolerate the moment								
	Turning the mind/willingness: turn toward acceptance, participating fully in life								
	Breathing/half-smile/awareness: accepting reality with your body								
	Mindfulness practice								
Addictions	Adaptive denial: deny just for today, put off addictive behavior								
	Alternate rebellion: engaging in rebellious activities that are not harmful								
	Burning bridges: move to cut off all addictive behavior options, ending relationships								

SACRED self: Softness with self, positive Attributes, Create a kind environment, Radical self-acceptance, Deeply like yourself

DEAR MAN: Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate

GIVE: be Gentle, act Interested, Validate, use an Easy manner

FAST: be Fair, no Apologies, Stick to values, be Truthful

PLEASE: treat Physical health, Eat a balanced diet, Avoid mood altering substances, Sleep, Exercise

TIPP: Temperature, Intense exercise, Paced breathing, Paired muscle relaxation

ACCEPTS: Activities, Contributing, Comparisons, different Emotions, Pushing away, distracting Thoughts, Sensations

IMPROVE: Imagery, Meaning, Prayer, Relaxing actions, One thing in the moment, brief Vacation, self-Encouragement