

DBT for children Diary Card				Name: _____					How often did you fill out this form? daily____ 3-4 times/week____ once/week____				Week started: Date ____/____/____	
Day Of Week	Highest Urge To:			Feelings					Ineffective behaviors				Effective behaviors	
	Suicide	Self Harm		Sadness	Anger	Shame	Fear	Happiness	Aggress behav	Talking back	Verbal aggress	Destruct behaviors	Skills practice	
	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	#	#	#	#	√	√
Put *if urge was followed by behavior				Enter the highest rating per day					Indicate number of behaviors per day					
Definitions of ineffective behaviors: <u>Aggressive behaviors</u> : toward people - hitting, pulling hair, spitting, grabbing, pulling, scratching, throwing objects with an intent to hit a person <u>Talking back</u> : disrespectful, dismissive, sassy comments, swearing <u>Verbal aggression</u> : threatening, screaming, yelling <u>Destructive behaviors</u> - towards objects - hitting, breaking, smashing, ripping apart Definitions of Effective Behaviors (e.g., ignoring when provoked, walking away, doing assigned chores, doing homework, brushing teeth, cleaning room, going to school)														

DBT Skills Diary Card								Circle days skill was practiced
Mindfulness	MON	TUE	WED	THUR	FRI	SAT	SUN	1. Breathing (take deep and slow breaths, count your breaths, continue breathing until calm)
	MON	TUE	WED	THUR	FRI	SAT	SUN	2. Half smile and willing hands (half smile____, willing hands____)
	MON	TUE	WED	THUR	FRI	SAT	SUN	3. Observe (just notice, don't push away, don't change, don't put into words)
	MON	TUE	WED	THUR	FRI	SAT	SUN	4. Describe (put words on what you observe, stick to facts)
	MON	TUE	WED	THUR	FRI	SAT	SUN	5. Participate (enter into the experience fully)
	MON	TUE	WED	THUR	FRI	SAT	SUN	6. Don't Judge (avoid "bad", "should", "stupid"; use "useful/not useful," "helpful/not helpful")
	MON	TUE	WED	THUR	FRI	SAT	SUN	7. Stay focused (stay in the present moment, no past, no future, one thing at a time)
	MON	TUE	WED	THUR	FRI	SAT	SUN	8. Do What Works (focus on what works, play by the rules, even if you do not like it)
Distress Tolerance	MON	TUE	WED	THUR	FRI	SAT	SUN	9. Wise Mind (consider both your thoughts and feelings, relax your muscles, focus on the center of your body, start breathing and ask your wise mind a question, wait for an answer)
	MON	TUE	WED	THUR	FRI	SAT	SUN	10. STOP skill (Stop____, Take a step back____, Observe____, Proceed mindfully____)
	MON	TUE	WED	THUR	FRI	SAT	SUN	11. Willingness (listen to wise mind, focus on what works, say "yes" to every moment)
	MON	TUE	WED	THUR	FRI	SAT	SUN	12. DISTRACT (Do something else____, Imagine____, Stop thinking about it____, Think something else____, Remind____, Ask____, Contribute____, Take a break____)
	MON	TUE	WED	THUR	FRI	SAT	SUN	13. TIP skill (Tense and release____, Intense sensations____, Paced breathing____)
	MON	TUE	WED	THUR	FRI	SAT	SUN	14. Self-sooth (Vision____ Hearing____, Smell____, Taste____, Touch____ Motion____)
Emotion Regulation	MON	TUE	WED	THUR	FRI	SAT	SUN	15. Pros and Cons (consider the positive and negative outcomes of you decision)
	MON	TUE	WED	THUR	FRI	SAT	SUN	16. Letting It Go (notice your are fighting reality, think of reasons this happened, take a deep breath in, do willing hands and half-smile, say "Oh well," notice there is always another day)
	MON	TUE	WED	THUR	FRI	SAT	SUN	17. Surfing Your Emotion (don't distract, don't make the feeling worse with thoughts, focus on sensations in your body, notice feelings like a wave, notice your feeling and urges going away)
	MON	TUE	WED	THUR	FRI	SAT	SUN	18. Opposite All The Way (opposite action, opposite thinking, opposite tensing)
Interpersonal Effectiveness	MON	TUE	WED	THUR	FRI	SAT	SUN	19. PLEASE (Physical health____, Eat healthy____, Avoid drug/alcohol____, Sleep well____, Exercise____)
	MON	TUE	WED	THUR	FRI	SAT	SUN	20. LAUGH (Let go of worries____, Apply yourself____, Use skills ahead of time____, Goals____, Have fun____)
	MON	TUE	WED	THUR	FRI	SAT	SUN	21. Cheerleading (say "I can do it" to help you start a hard task or deal with a problem)
	MON	TUE	WED	THUR	FRI	SAT	SUN	22. Challenge worry thoughts
MON	TUE	WED	THUR	FRI	SAT	SUN	23. DEAR (Describe____, Express____, Ask____, Reward____)	
MON	TUE	WED	THUR	FRI	SAT	SUN	24. FRIEND (Fair____, Respect____, Interested____, Easy manner____, Negotiate____, Direct____)	

