

Dialectical Behavior Therapy Diary Card

Instructions: Circle the days you worked on each skill

Filled out in session? Y N

How often did you fill out this side?
 ___ Daily 2-3x ___ Once

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1. Wise mind							
2. Observe: just notice (Urge Surfing)							
3. Describe: put words on							
4. Participate: enter into the experience							
5. Nonjudgmental stance							
6. One-mindfully: in-the-moment							
7. Effectiveness: focus on what works							
8. Objective effectiveness: DEAR MAN							
9. Relationship effectiveness: GIVE							
10. Self-respect effectiveness: FAST							
11. Reduce vulnerability: PLEASE							
12. Build MASTERY							
13. Build positive experiences			<input checked="" type="checkbox"/>				
14. Opposite-to-emotion action (Alt. Rebellion)							
15. Distract (Adaptive Denial)						<input checked="" type="checkbox"/>	
16. Self-soothe	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
17. Improve the moment							
18. Pros and cons							
19. Radical Acceptance		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
20. Building Structure // Work							
21. Building Structure // Love							
22. Building Structure // Time							
23. Building Structure // Place							

Urge to use (0-5):
 Urge to quit therapy (0-5):

Before therapy session: 3
 Before therapy session: 2

After therapy session: 3
 After therapy session: 3

BRTC Diary Card
 Copyright 1999 Marsha M. Linehan, Ph.D.

Dialectical Behavior Therapy Diary Card				Initials JM	ID#	Filled out in session? <input checked="" type="checkbox"/> Y <input checked="" type="checkbox"/> N	How often did you fill out this side? <input checked="" type="checkbox"/> Daily ___ 2-3x ___ Once	Date started
--	--	--	--	----------------	-----	--	--	--------------

Day & Date	Urges to...			Emotions					Drugs							Actions				
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit	ETOH	Prescrip	OTC	S-H	Lying	Joy	Skills	R			
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N	#	0-5	0-5
Mon	0	3	4	4	5	5	0	2					N		0	0				
Tues	0	3	4	4	5	5		2					Y	1	0	0				
Wed	0	3	4	4	5		0						N	2	0	3				
Thur	0	3	4	4	5	4							N		0	4				
Fri	0	4	5	4	5	5	0	2					N		0	4				
Sat	0	5	5	4	5	5	0	3					Y	1	0	3				
Sun	0	4	4	4	5	5	3	3					Y	3	0	0				

Apparantly Unimportant Behaviors: Keeping Doors to Use Open:	*USED SKILLS 0 = Not thought about or used 1 = Thought about, not used, didn't want to 2 = Thought about, not used, wanted to 3 = Tried but couldn't use them	4 = Tried, could do them but they didn't help 5 = Tried, could use them, helped 6 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped
---	--	---

	Before	After	Belief in control of...	Before	After	Urinalysis (circle) 1 2 3
Urge to use (0-5):	0	0	Emotions:	0	0	BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.
Urge to quit therapy (0-5):	5	4	Behaviors:	0	0	
Urge to harm (0-5):	4	2	Thoughts:	0	0	

Dialectical Behavior Therapy Diary Card				Initials DF	ID#	Filled out in session? Y <input checked="" type="radio"/> N <input type="radio"/>	How often did you fill out this side? ___ Daily <input checked="" type="checkbox"/> 2-3x ___ Once	Date started
--	--	--	--	----------------	-----	---	--	--------------

Day & Date	Urges to...			Emotions					Drugs					Actions			R				
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit	ETOH	Prescrip	OTC	S-H	Lying	Joy	Skills					
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify		Y/N	#	0-5	0-5
Mon	4	5	4								4	mixed	Xanax	aspirin	N	0	0				
Tues		5				5	2		pot		5	mixed beer					0	1			
Wed			5																		
Thur	4		5						pot											1	
Fri			5+++						pot								Y	1	0	4	
Sat	3	5	5	3	5	5	2						5	dexametrimy aspirin	N	1	0	2			
Sun		5	5		5	5									N	0	0	2			

Apparantly Unimportant Behaviors: Keeping Doors to Use Open:	*USED SKILLS 0 = Not thought about or used 1 = Thought about, not used, didn't want to 2 = Thought about, not used, wanted to 3 = Tried but couldn't use them	4 = Tried, could do them but they didn't help 5 = Tried, could use them, helped 6 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped
--	--	---

	Before	After	Belief in control of...	Before	After	Urinalysis (circle)	1	2	3
Urge to use (0-5):	4		Emotions:						
Urge to quit therapy (0-5):	4		Behaviors:						
Urge to harm (0-5):	4		Thoughts:						

Dialectical Behavior Therapy Diary Card			Initials SR	ID#	Filled out in session? Y <input checked="" type="radio"/> N <input type="radio"/>	How often did you fill out this side? <input checked="" type="checkbox"/> Daily <input type="checkbox"/> 2-3x <input type="checkbox"/> Once	Date started
--	--	--	----------------	-----	---	--	--------------

Day & Date	Urges to...			Emotions					Drugs						Actions			R			
	Use	Suicide	S-H	Pain	Sad	Shame	Anger	Fear	Illicit	ETOH	Prescrip	OTC	S-H	Lying	Joy	Skills					
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	#	Specify	#	Specify	Y/N		#	0-5	0-5
Mon	3	0	1	4	3	2	1	3	—	2	beer	2	Elavil	—	N	0	1	5			
Tues	3	0	1	4	3	3	1	4	—	3	vodka beer			—	N	0	1	5			
Wed	3	0	1	4	3	3	1	5	—	3	beer			—	N	0	0	5			
Thur	3	0	5	5	5	4	3	5	—	3	beer		2	Tylenol	N	1	1	5			
Fri	3	0	2	4	3	3	2	5	—	2-3	beer			—	N	0	0	5			
Sat	3	0	2	4	3	3	1	4	—	4	vodka beer			—	N	2	0	3			
Sun	3	0	2	5	3	4	1	5	—	2	beer		4	Tylenol	N	1	0	5			

<p>Apparently Unimportant Behaviors:</p> <p>Keeping Doors to Use Open:</p>	<p>*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 = Didn't try, used them, didn't help</p> <p>7 = Didn't try, used them, helped</p>
--	---	--

	Before	After	Belief in control of...	Before	After	Urinalysis (circle) 1 2 3
Urge to use (0-5):	3	3	Emotions:	1	2	BRTC Diary Card Copyright 1999 Marsha M. Linehan, Ph.D.
Urge to quit therapy (0-5):	3	3	Behaviors:	3	3	
Urge to harm (0-5):	2	1	Thoughts:	0	0	