

DBT of TOWSON Diary Card

Name	Date Started	Therapy This Week?	Y N	Therapist
------	--------------	--------------------------	-------	-----------

TARGET BEHAVIOR:													
THOUGHTS, FEELINGS, BEHAVIORS											SKILLS		
Rate how intense or active your thought, feeling, or action was each day. (0 = least intense and 5 = most intense)													
	Target Behavior	Urge:		Obsessive Thinking	Isolating	Avoiding Responsibility	Fear/ Anxiety	Shame/ Guilt	Anger	Sadness	Joy or Hope	Skill Usage	
Tues													In the "skill usage" column on the left, rate how you used your skills, based on the criteria below. 0 = Didn't think to use skills 1 = Afterward, thought how skills could have been used 2 = During situation, thought of skills, but didn't use them; unwilling 3 = During situation, thought of skills, but didn't use them; willing 4 = Tried, but couldn't use skills 5 = Tried, used skills but they didn't help 6 = Tried, used skills; they helped
Wed													
Thurs													
Fri													
Sat													
Sun													
Mon													

Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
Monday

DBT SKILLS

		Skill	Tu	W	Th	F	Sa	Su	M
Mindfulness	What	Wise Mind							
		Observe							
		Describe							
		Participate							
	How	Nonjudgmentally							
		One-Mindfully							
		Effectively							

		Skill	Tu	W	Th	F	Sa	Su	M
Distress Tolerance (DT)		Radical Acceptance							
		Turning the Mind							
		Willingness							
		Half-Smiling and Willing Hands							
		Allowing the Mind: Mindfulness of Current Thoughts							

		Skill	Tu	W	Th	F	Sa	Su	M
Distress Tolerance (DT)	STOP	STOP							
		Pros and Cons							
	TIP	Tip Your Body Temp							
		Intense Exercise							
		Paced Breathing							
		Paired Muscle Relaxation							
	ACCEPTS	Activities							
		Contributing							
		Comparisons							
		Emotions							
		Pushing away							
		Thoughts							
		Sensations							
	Self-Soothe								
	IMPROVE	Imagery							
		Meaning							
		Prayer							
		Relaxing Actions							
		One Thing in the Moment							
		Vacation							
		Encouragement							

		Skill	Tu	W	Th	F	Sa	Su	M
Emotion Regulation (ER)		Observe and Describe Emotions							
		Check the Facts							
		Opposite Action							
		Problem Solving							
	ABC	Accumulate Positive Emotions							
		Build Mastery							
		Cope Ahead							
	PLEASE	Physical Illness							
		Balance Eating							
		Avoid Mood-Altering Substances							
		Balance Sleep							
		Get Exercise							
		Mindfulness of Current Emotions							

		Skill	Tu	W	Th	F	Sa	Su	M
Interpersonal Effectiveness (IPE)		Clarify Priorities/Goals							
		DEAR MAN							
		GIVE							
		FAST							
		Mindfulness of Others							