

Diary Card

Dialectical Behavioral Therapy

Instructions: Mark the days you worked on each skill and bring for review in group.

	Fri	Sat	Sun	Mon	Tue	Wed	Thurs
Core Mindfulness Skills							
Wise Mind							
Observe: just notice							
Describe: put words on							
Participate: enter into the experience							
Non-judgmental							
One in the moment							
Effectiveness: focus on what works							
Interpersonal Communication Skills							
Objectiveness effectiveness: DEARMAN (Describe, Express emotions/opinion, Assert, Reinforce, be Mindful, Appear confident, Negotiate if necessary)							
Relationship effectiveness: GIVE (be Gentle, act Interested, Validate, Easy manner)							
Self respect effectiveness: FAST (be Fair, no Apologies, Stick to values, be Truthful)							
Emotion Regulation Skills							
Check the Facts							
Opposite Action to Change Emotions							
Problem Solve to Change Emotions							
Build Positive Experiences							
Build Mastery/Cope Ahead							
Taking care of your mind by taking care of your body: PLEASE (Physical illness, balance Eating, avoid mood-Altering drugs, balance Sleep, get Exercise)							
Distress Tolerance Skills							
Distract with wise mind: ACCEPTS (Activities, Contributing, Emotions, Pushing away, Thoughts, Sensations)							
Self soothe-with 5 senses							
IMPROVE the moment (Imagery, Meaning, Prayer, Relaxation, One thing at a time, Vacation, Encouragement)							
Pros and Cons							
Observe breath, Half smile, Awareness Exerc.							
Radical acceptance/Get on and Do it Anyway							
Willingness (over Willfulness)							