

Dialectical Behavior Therapy Diary Card

This diary card can help you monitor your use of the DBT coping mechanisms we'll be discussing. Simply check off each day that you use the skills!

Pillars of DBT

● Mindfulness

● Interpersonal Effectiveness

● Emotional Regulation

● Distress Tolerance

Categories

Skills

M T W T F S S

Category	Skills	M	T	W	T	F	S	S
What Skills	Wise Mind = Emotional Mind + Reasonable Mind							
	Observe – just notice (thoughts, feelings, body sensations, and surroundings)							
	Participate – enter into the experience, go with the flow							
How Skills	One mindfully – in the moment, one thing at a time							
	Non-judgmentally – not good or bad, just the facts, accept							
	Effectively – do what works, take action							
Goals	Ask for what you want and get it more often							
	Say “no” and set boundaries							
	Resolve conflict effectively and skillfully							
	D.E.A.R.M.A.N. – Describe, Express, Assert, Reinforce, Mindful, Appear confident, Negotiate							
	G.I.V.E. – Gentle, Interested, Validate, Easy manner							
	F.A.S.T. – Fair, Apologies, Stick to your values, Truthful							
ABC's	Accumulate positive experiences							
	Build mastery							
	Cope ahead of time							
Please Taking care of your mind and body	P & L – Treat Physical iLLness, see a doctor if necessary, take meds							
	Eating – balanced eating, eating regularly and mindfully							
	Avoid mood-altering drugs							
	Sleep – balanced sleeping, aim for 7-9 hours a night							
	Exercise – get consistent, aim for daily exercise							
	V.I.T.A.L.S. – Validate, Imagine, Take small steps, Applaud yourself, Lighten the load, Sweeten the pot							
	Check the facts – thoughts, feelings, interpretations, and assumptions are not facts							
	Act opposite to emotion							
	Experience your emotion/urge as a wave							
	Loving emotions – experience, don't judge, accept							
	T.I.P.P. – Tip the temperature, Intense exercise, Paced breathing, Progressive muscle relaxation							
	S.T.O.P. – Stop what you're doing, Take a step back, Observe, Proceed mindfully							
"This too shall pass"	A.C.C.E.P.T.S. – Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations							
	I.M.P.R.O.V.E. – Imagery, Meaning, Prayer, Relax, One thing at a time, Vacation, Encouragement							
	Self-soothe with the five senses: vision, touch, hearing, smell, and taste							
	Pros/cons of doing a behavior and not doing a behavior							
	Radical Acceptance – willingness, turn the mind to acceptance							
	Half-smile willing hands							
	Observe the breath – breathe in for 4, hold for 7, breathe out for 8							