


(Handouts & Worksheets)

DBT DIARY CARDS

DBT DIARY CARD

Month _____ Dates: _____ - _____

	SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Mindfulness	SKILLS USED							
	Wise Mind							
	How Skill							
	Observed							
	Describe							
	Participa							
	What Skill							
	Non-Jud							
	One-Mi							
	Effectiv							
Distress Tolerance	Middle							
	ACCEPTS							
	Distract with Activities							
	Distract with Contributions							
	Other:							
	STOP							
	IMPROVE THE MOMENT							
	Imagery							
	Meaning							
	Other							
Emotion Regulation	TIP							
	T							
	in							
	P							
	P							
	Pro							
	Urg							
	Wi							
	Rac							
	Tur							
Interpersonal Effectiveness	Sel							
	Na							
	Ch							
	Pe							
	A							
	PL							
	VITALS							
	SMART Goals							
	Check Values Priority							
	Determine Effective Intensity Level							
DEAR MAN								
AID GIVEN								
FAST								



FIND YOUR TRIGGERS

RECORD YOUR GROWTH

DBT DIARY CARDS / WHY

Accurate Memory Records

Dialectical Behavior Therapy (DBT) Diary Cards are in a table (grid-like) format which assists in tracking when a target symptom occurs, along with the skill used to cope with it. They provide a record of both the frequency of and the intensity of behaviors that are problematic. Accurate information about these behaviors is needed to be able to change them. This provides us with clear signals of target behaviors that should be assessed.

Mood and emotions can have a powerful effect on a person's memory. How we feel affects how we store and organize elements retained in memory. Our emotions also determine which memories are retrieved and even how we process things we remember. It is easier to remember information put into storage in while we were feeling emotions that match our current emotion. Our natural ups and downs in mood and emotions can result in us remembering mostly the positive or negative aspects of a situation. Because of our fluctuation in mood can interfere with our ability to accurately assess a situation, reliance on our memory alone can make it difficult to obtain accurate information.

Discovering Interwoven Links

The cognitive behavioral principles of DBT state that thoughts, feelings, and behavior are intricately linked influencing each other.

- Changing a thought can change how we feel and behave.
- Changing an emotion can change how we think about a situation and how we respond.
- Changing a behavior can change how we feel and how we think.
- Deliberately practiced effective (positive) behavior contributes to improvement of our thoughts and feelings.

Filling out a diary card requires self-monitoring in all three of these areas: thoughts, emotions, and behaviors. This self-awareness is widely recognized as the first step to self-improvement.

For those in therapy, the completed diary card can enable the therapist to aid the client in exploring possible links between situations, thoughts, emotions, and behavior. They provide an organized over-view of the week and can serve to give a therapist a basis for future discussion and where further work is needed.

Diary cards can be tailored to address the specific targets personal to each individual. Whenever life threatening behaviors exist, these should be the first monitored behaviors recorded.

Behaviors that interfere with quality of life should then be prioritized according to the level of disruption they cause.

Daily Reminders

Since the card asks you to evaluate each DBT Skill on how it was used (or not) you are required to read through a list of all DBT skills. Since these skills are listed by module you will be reminded of the objective of each. Reading these daily can help to keep them fresh in your memory, thus increasing the likelihood that the skill needed to cope with a specific situation will come to mind when it is needed.

There are so many different DBT skills with each intended for different types of target behaviors, anything that can help us to remember which would be most effective in any given circumstance is beneficial. Keeping with you a list of skills or other tangible reminders can be helpful, but the most effective reminder is to learn them.

Reading your Diary card at least once daily (in order to fill it out) is definitely productive to learning them.

Charting Change

Diary Cards function as a record that someone can review to not only remember how they coped with past experiences but also to identify areas of progress and where more work is needed.

When you start filling in your cards you may be surprised at how many of these skills you have practiced throughout any given day. Many of these have been learned and incorporated into our life skills without officially learning them within the context of DBT. No matter if the skill came to you naturally or you had to deliberately practice it, you need to record it as an accomplishment every day that you successfully use that specific skill. Validating your skillful use of the skills helps to reinforce areas in which you have been skillful. Being able to clearly see where skills have improved the situation will make it easier to put them into use in similar future circumstances.

When you learn a new DBT skill it is like any other skill you learn, in one respect. You can not learn to use it without practice. The more you practice - the more skillful and masterful you will become. Being able to see not only the frequency of the skill increase but also the effectiveness proficiency increasing over time, along with the positive effect this has had on your life - you will become more motivated to continue working hard to learn them all.

If you see areas in your card that no improvement is recorded, this can alert you to the areas that need more work before growth will occur. You might see that you are trying to use that / those skills to help with the wrong types of situations, causing them to be ineffective. You might see that you are not putting focus on the practice of that skill. Whatever the reason you discover, you receive the message that something you are doing (or not doing) needs to be changed.

DBT DIARY CARDS / HOW

DBT is typically taught in rounds. New members are added at the beginning of each new module. When someone begins any one of the four modules, it could be their first module. The system of rounds is most effective to reach as many people as possible because as someone completes a round, they may leave, which leaves room for another to step right into that slot. Others unfortunately will also drop out leaving an empty slot. This means that members will have completed different modules than others within the group.

This system can cause different member's diary cards to be completed to differing degrees. While one person is just beginning DBT and learning their first skills, others may be working on their final module and be able to almost completely fill in their diary cards. It is important to remember to only concentrate on the skills you have learned.

Another unique factor in DBT is that many of us have vastly different target behaviors that we need to address. The first, most important targets would be any behaviors that could cause harm to self or others, with the severity of that harm risk being taken into consideration. If a person suffers with suicidal ideation, they would list that as their first target behavior. Someone may have targets they wish to deal with, but severity of risk should always be the first factor considered in choosing targets.

Some people may not have any suicidal thoughts or active deliberate self-harm behaviors. For some perhaps their highest risk factor is drug, alcohol abuse, or other addiction. For those self-harm thoughts or actions would not be considered as a target for them, their first target would be the substance abuse.

Some people may not need to consider either of these issues because they simply aren't a problem behavior in their case. Perhaps for some their highest risk would be something that simply interferes with them feeling that they are living a life worth living.

Some of the Conditions that DBT has been found to effectively treat or improve symptoms in; and a possible target behavior in each that might interfere with their quality of life:

<i>Conditions that benefit from DBT</i>	<i>Possible Target Behaviors</i>
Anxiety disorders	Fear of something known to be harmless
Obsessive compulsive disorder (OCD)	Need for something to be exactly "so"
Post-traumatic stress disorder (PTSD)	Not being present in the moment
Social phobia	Withdrawing from society
Bipolar disorder	Reacting to the cycles
Schizophrenia	Accepting beliefs / feelings as facts
Depression	Inactivity / No positive accumulations
Personality disorders	(Any of the behaviors listed)
Eating disorders	Binge Eating
Attention deficiency hyperactivity disorder (ADHD)	Multi-tasking
Autism	Bland Emotions
Substance abuse i.e. drug or alcohol abuse	Drinking or Using
Chronic pain, such as that caused by an existing disease or ongoing treatment for another condition	Uncontrolled Pain
Emotional distress	An inability to manage any emotion Overwhelming emotions
MANY MANY MORE	ANYTHING INTERFERING WITH LIFE

STEPS IN FILLING OUT CARD

EXAMPLE DIARY CARD

STEP 1. The first thing you will do when filling out your diary card is to enter the **DATES** this card will cover. In our card we have the week begin on Sunday and end on Saturday. If you start yours on a different week day, just adjust your dates on this section.

DBT DIARY CARD Month March Dates: 10 -16 2019

STEP 2. Next you fill in the most troubling **TARGET BEHAVIOR** you would like to improve, plus up to two others you would like to change.

Working on too many things at one time can become overwhelming. It is best to start with no more than three. You will change your list as you feel you are fully able to manage one of these behaviors, by replacing that one with another target.

Below is an example list of **POSSIBLE TARGET** behaviors.

EMOTIONS – URGES – ACTIONS

TARGET BEHAVIOR # 1 Suicidal Ideation

TARGET BEHAVIOR # 2 Social Avoidance

TARGET BEHAVIOR # 3 Lashing Out Verbally

STEP 3. Evaluate the intensity of each **EMOTION** you felt on each day, entering the matching number in that emotion’s column for that day.

Shame:

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
	Sun.	5												

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

This is one possible option for the emotion evaluation of shame on Sunday: **5 for Extreme.**

Emotional Pain:

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
	Sun.	5	5											

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

It is not unlikely for someone experiencing shame of that intensity – that intense emotional pain would accompany that shame: **5 for Extreme.**

Envy:

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
	Sun.	5	5	2										

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

It is consistent that if someone is feeling extreme emotional pain, they might be envious of others who are happy and peaceful. For this example, we will evaluate this emotion as a: **2 for only somewhat.**

Sad:

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
	Sun.	5	5	2	4									

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

Sadness is so closely related to emotional pain, so it would be expected for that to be rather intense if the pain is extreme. For this evaluation we will rate this one as a: **4 for Very Strong.**

Fear:

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
	Sun.	5	5	2	4	1								

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

It would not be unusual for a person feeling intense emotional pain to have very little fear, since that kind of pain could cause more of an “I don’t care what happens” feeling. For our example we will rate this one lower: **1 for A little bit.**

Guilt:

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
	Sun.	5	5	2	4	1	3							

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

Even if the person believes they have nothing to be guilty for, they may still be feeling guilty. For this one lets give it a rating: **3 for Somewhat.**

Jealous and Joy:

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
	Sun.	5	5	2	4	1	3	0	0					

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

On the evaluation for emotions felt for the day, one could conclude that neither of these may have been felt. We will rate both of these: **0 for Not at all.**

STEP 4 Mark with a check the emotion you felt the strongest on that day.

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
Sun.	5 ✓	5	2	4	1	3	0	0						

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME
 ✓ on the emotion you felt the most intensely each day

STEP 5 Record any urges to participate in any of your target behaviors (That You Listed on Step 2) that day along with rating the intensity of that urge if it was felt.

TARGET BEHAVIOR #1 Suicidal Ideation

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
Sun.	5	5	2	4	1	3	0	0	3					

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

For our example card we will estimate that we had an urge to commit suicide on that day with the urge intensity rated: **3 for Rather Strong**

STEP 6 Record if you followed your recorded urge through with any action.

TARGET BEHAVIOR #1 Suicidal Ideation

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
Sun.	5	5	2	4	1	3	0	0	3			N		

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

We will conclude that the urge to commit suicide existed, the person in our example did not act on it.

REPEAT STEPS 5-6 with the other two Target Behaviors.

TARGET BEHAVIOR #2 Social Avoidance

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
Sun.	5	5	2	4	1	3	0	0	3	4		N	Y	

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

It would be a normal reaction for a person with intense emotional pain to want to avoid others. In this example answer we will rate the urge: **4 for Very Strong** This urge would be easy to follow through with, so we will say this person could answer: **Yes**

TARGET BEHAVIOR #3 Lashing Out Verbally

Day	EMOTIONS								URGES TARGET #			ACTIONS TARGET #		
	Shame 0-5	Pain 0-5	Envy 0-5	Sad 0-5	Fear 0-5	Guilt 0-5	Jealous 0-5	Joy 0-5	1 0-5	2 0-5	3 0-5	1 Y/N	2 Y/N	3 Y/N
Sun.	5	5	2	4	1	3	0	0	3	4	0	N	Y	N

INTENSITY: 0 = Not at all / 1 = A little bit / 2 = Somewhat / 3 = Rather Strong / 4 = Very Strong / 5 = EXTREME

Due to isolating there would be nobody around to trigger the desire to lash out: **0 for Not** at all, and **No** for action.

Second Page: Add Dates above Chart

DBT DIARY CARD

Month March Dates: 10-16

	SKILLS USED	SUN.	
Mindfulness	Wise Mind		0 ~ Didn't think about
	What Skills		1 ~ Thought about, didn't want to use
	Observed		2 ~ Thought about, wanted to use them
	Described		3 ~ Tried to use them, couldn't use them
	Participated		4 ~ Tried to use, could use, they didn't help
	How Skills		5 ~ Tried to use, could use, they helped
	Non-Judgmental Stance		6 ~ Didn't try, used them naturally but they didn't help
	One-Mindfulness		7 ~ Didn't try, used them naturally, they helped
	Effectiveness		
	Middle Path Balance		

STEP 8: Record Skill Effectiveness on all sections possible. Due to the lesson plan's review / overview of the Mindfulness module between all modules, you should have a basic knowledge of these skills even if proficiency in use is not to expected.

On all other modules you have not completed it is most likely that you will not be able to give any answer. Only fill in entries you are able to.

When you start with a new module, you will only be able to fill in the lessons as you learn them. There will be mostly blanks in the first weeks.

A couple of the skills are broken down into the individual tools within that skill. When you come to "Other" enter the tool you used.

Distress Tolerance	ACCEPTS		
	Distract with Activities		
	Distract with Contributions		
	Other:		
	STOP		
	IMPROVE the Moment		
	Imagery		
	Meaning		
	Other:		
	TIPP		
	Tip the Temperature		
	Intense Exercise		
	Paced Breathing		
	Paired Muscle Relaxation		
	Pros/Cons		
Urge Surfing			
Willingness			
Radical Acceptance			
Turning the Mind			
Self-Soothing			

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DBT DIARY CARD

Month March Dates: 10-16

	SKILLS USED	SUN.	
Mindfulness	Wise Mind		0 Didn't think about
	What Skills		1 Thought about, didn't want to use
	Observed		2 Thought about, wanted to use them
	Described		3 Tried to use them, couldn't use them
	Participated		4 Tried to use, could use, they didn't help
	How Skills		5 Tried to use, could use, they helped
	Non-Judgmental Stance		6 Didn't try, used them naturally but they didn't help
	One-Mindfulness		7 Didn't try, used them naturally, they helped
	Effectiveness		
	Middle Path Balance		

Use of the skills will be recorded daily within a number range from 0-7 that best describes your usage of this skill. Only fill in answers on skills that you have learned.



As you see, the more DBT you learn, and practice; the higher your skillfulness will be rated. You can actually visualize your growth in skillfulness.

Third Page: Add Dates above Chart

DBT DIARY CARD

Month March Dates: 10-16

COGNITIVE DISTORTIONS

Black and White Thinking ~ Seeing things in terms of extremes. Inability or unwillingness to see shades of gray distorts the facts.
Filtering ~ A mental filter that focuses only on a single negative while excluding all the positive can foster a negative view of the facts.
Overgeneralizing ~ Taking one instance or example and viewing everything by that standard. Assigning patterns based on too few instances for a generalization to be applied can overshadow the facts with negative thoughts.
Mind-Reading ~ Inaccurately believing that we know what another person is thinking. Jumping to that conclusion can distort the facts with negative interpretations.
Fortune Telling ~ Coming to conclusions and making predictions on little or no evidence. This tendency to hold these beliefs as facts can cause the facts to be distorted negatively.
Emotional Reasoning ~ Concluding that an emotional reaction to something defines its reality. Believing that your feelings prove how things really are distorts the facts.
Personalization ~ Claiming responsibility for external negative events, even when you were not responsible. This negatively distorts the facts of cause and effect.
Should Statements ~ Setting expectations that are not likely to be met. This distorts facts by adding judgements and pressure.
Disqualifying the Positive ~ Acknowledging positive experiences but rejecting those rather than embracing them. Distorts the facts by removing any bright experiences.
Catastrophizing ~ Magnifying something unpleasant into something worse than reality. Expecting disaster to strike.
Labeling ~ Labeling ourselves or others based on situation specific behavior.

STEP 7 Record Positives Accumulated each day.

Participating in positive (pleasant) events increases a person's pleasant emotions. A store of positive experiences helps us to keep our balance when the negative experiences in life occur. The less positive(s) we store up, the further down our emotions will sink when we face the negatives that are a part of everyday living. In order to build a life worth living a person must accumulate positives. When positive experiences occur naturally, be mindful of them. Take special note that they occurred. If they do not, deliberately do something to add to your accumulation. This is not something that can be done only when you feel like it, if you don't feel like it, use opposite action.

Think of Accumulating Positives in terms of adding pennies to a piggy bank. The more you save, the more you have available to help cover a drop in your emotional state created by a Negative.

EXAMPLE:

ACCUMULATED POSITIVES

Sunday Read for ten minutes,
took a warm scented bath, fed the birds

No day in this portion should ever be left blank. You should strive to have at least one positive to add to this list every day. This doesn't need to be anything big. If for some reason you can not participate in any positive, please use this line to explain why.

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