

# DBT Diary Card

A weekly self-monitoring card for Dialectical Behavior Therapy · rate each item once a day

Name: \_\_\_\_\_

Week starting: \_\_\_\_\_

Filled out:  Daily  2-3x  Once

## Emotions & misery — rate 0 (none) to 5 (highest)

Emotion	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sadness							
Anger							
Fear / anxiety							
Shame / guilt							
Joy / happiness							
Overall misery							
_____							

## Urges — rate 0 (none) to 5 (strongest)

Urge	Mon	Tue	Wed	Thu	Fri	Sat	Sun
To self-harm							
To suicide							
To quit therapy							
To use substances							
_____							

## Actions & medication — enter Yes / No (and a count if it happened)

Did it happen?	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Self-harm — acted on it							
Used substances							
Took medication as prescribed							

## Skills — enter the single 0-7 rating for the day (scale on page 2)

Used skills (0-7)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Rating for the day							

# DBT Skills

Check the skills you practiced this week. Skills are grouped by the four DBT modules.

Mindfulness	Distress Tolerance	Emotion Regulation	Interpersonal Effectiveness
<input type="checkbox"/> Wise Mind	<input type="checkbox"/> TIPP	<input type="checkbox"/> Check the facts	<input type="checkbox"/> DEAR MAN
<input type="checkbox"/> Observe	<input type="checkbox"/> STOP	<input type="checkbox"/> Opposite action	<input type="checkbox"/> GIVE
<input type="checkbox"/> Describe	<input type="checkbox"/> Pros and cons	<input type="checkbox"/> Problem solving	<input type="checkbox"/> FAST
<input type="checkbox"/> Participate	<input type="checkbox"/> Radical acceptance	<input type="checkbox"/> ABC PLEASE	<input type="checkbox"/> Validation
<input type="checkbox"/> Non-judgmental stance	<input type="checkbox"/> Distract (ACCEPTS)	<input type="checkbox"/> Build mastery	<input type="checkbox"/> Asking / saying no skillfully
<input type="checkbox"/> One-mindfully	<input type="checkbox"/> Self-soothe	<input type="checkbox"/> Cope ahead	<input type="checkbox"/> Building relationships
<input type="checkbox"/> Effectively	<input type="checkbox"/> IMPROVE the moment	<input type="checkbox"/> Mindfulness of emotions	

## How to rate skills use (0–7)

- 0 Not thought about or used.
- 1 Thought about, didn't use, didn't want to.
- 2 Thought about, didn't use, wanted to.
- 3 Tried but couldn't use them.
- 4 Tried, could use them, but they didn't help.
- 5 Tried, could use them, helped.
- 6 Used them without trying, didn't help.
- 7 Used them without trying, helped.

**Using this card.** Fill it in once a day, close to the moment rather than from memory at the end of the week. Bring it to each session — your therapist reviews it to guide what you work on together. The emotion and urge ratings make patterns visible: which feelings tend to come before an urge, and whether skills practice is shifting either one over time.

**Prefer to track on your phone?** Theracharts turns this card into a configurable digital Diary Card — daily reminders, automatic trend charts, and every section toggleable. Free for therapists and their clients at [theracharts.com/diary-cards](https://theracharts.com/diary-cards).