

Minnesota Center for Psychology- DIARY CARD

NAME: _____

Start Date: _____

DATE	RX	DEP	ANG	ANX	FEAR	SHAME	SAD	JOY	PAIN	SI	SIB	TIB	D/A	HS	QUIT TX	_____	_____
MON																	
TUES																	
WED																	
THUR																	
FRI																	
SAT																	
SUN																	

SKILLS USED	MON	TUE	WED	THU	FRI	SAT	SUN	USED SKILLS
Wise Mind								0 = Not thought about or used
Observe: <i>just notice</i>								
Describe: <i>put words on</i>								1 = Thought about, not used, didn't want to
Participate: <i>enter into the experience</i>								
Nonjudgmental Stance								2 = Thought about, not used, wanted to
One-Mindfully: <i>in the moment</i>								
Effectiveness: <i>focus on what works</i>								3 = Tried but couldn't use them
DEAR MAN: <i>Objective effectiveness</i>								
GIVE: <i>Relationship effectiveness</i>								4 = Tried, could do them but they didn't help
FAST: <i>Self-respect effectiveness</i>								
PLEASE: <i>Reduce emotional vulnerability</i>								5 = Tried, could use them, helped
Build MASTERY								
Build Positive Experiences								6 = Didn't try, used them, didn't help
Opposite to Emotion Action								
Check the Facts								7 = Didn't try, used them, helped
Cope Ahead								
Problem Solve								
STOP								
Pros and Cons								
TIP								
Distract								
Self-Soothe								
Improve the Moment								
Radical Acceptance								
Turning the Mind								
Willingness								
Half Smile/ Willing Hands								
Mindfulness of Current Thoughts								
Burning Bridges/Building Bridges								
Alternate Rebellion								
Adaptive Denial								

SHORT DESCRIPTIONS OF DBT SKILLS

CORE MINDFULNESS	WISE MIND	The wise mind is the balance between the emotional mind and the reasonable mind.
	OBSERVE	Notice without getting caught in the experience. Experience without reacting to your experience.
	DESCRIBE	When a feeling or thought arises, or you act, acknowledge it. Describe to yourself what is happening. Label your feelings. Call a thought just a thought, a feeling just a feeling.
	PARTICIPATE	Enter into your experiences, act intuitively, practice.
	NONJUDGMENTAL STANCE	See but don't evaluate. Focus on the "what" and not the "good," "terrible," "wonderful," "should" and "should not."
	ONE-MINDFULLY	Focus on the moment—do one thing at a time and focus on what you are doing or whom you are with. Let go of distractions.
INTER-PERSONAL	DEAR MAN (Objective Effectiveness)	Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate
	GIVE (Relationship Effectiveness)	Be Gentle, act Interested, Validate, use an Easy manner
	FAST (Self-Respect Effectiveness)	Be Fair, no Apologies, Stick to values, be Truthful
EMOTION REGULATION	PLEASE (Reduce Emotional Vulnerability)	Treat Physical illness, balance Eating, avoid mood-Altering drugs, balance Sleep, get Exercise
	BUILD MASTERY	Engage in activities that make you feel competent and in control.
	BUILD POSITIVE EXPERIENCES	Short term: Do pleasant things that are possible now. Long term: Make changes in your life so that positive events will occur more often. Build a "life worth living."
	OPPOSITE-TO-EMOTION ACTION	Change emotions by acting opposite to current emotion/urge.
	CHECK THE FACTS	Check out whether your reactions <u>fit the facts</u> of the situation. Changing beliefs and assumptions to <u>fit the facts</u> can help you change your emotional reactions to situations.
	COPE AHEAD	Cope ahead of time with emotional situations. Rehearse a plan ahead of time so that you are prepared to cope skillfully with emotional situations.
DISTRESS TOLERANCE	PROBLEM SOLVE	When the facts themselves are the problem, solving emotional problems consistently will reduce the frequency of negative emotions.
	The STOP Skill	Stop, Take a step back, Observe, Proceed mindfully
	PROS and CONS	Examine short term and long term pros and cons
	TIP	Temperature, Intense exercise, Pace breathing- Paired muscle relaxation
	DISTRACT (Wise Mind ACCEPTS)	Activities, Contributing, Comparisons, Emotions, Pushing away, Thoughts, Sensations
	SELF-SOOTHE	Use the senses: vision, hearing, taste, smell, touch
	IMPROVE the moment	Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement
	RADICAL ACCEPTANCE	Acknowledge what is, let go of fighting reality.
	TURNING THE MIND	Use TURNING the MIND to commit to acceptance over and over again.
	WILLINGNESS	Readiness to enter and participate fully in life and living; Replace Willfulness with Willingness
	HALF SMILE/ WILLING HANDS	Accepting reality with your body.
	MINDFULNESS OF CURRENT THOUGHTS	Observe your thoughts, Adopt a curious mind, Remember: You are not your thoughts, Don't block or suppress thoughts
	BURNING/BUILDING BRIDGES	Cut off all addictive behavior options/ Create new visual images and smells
ALTERNATE REBELLION	Alternate rebellion replaces destructive rebellion and keeps you on a path to your goals.	
ADAPTIVE DENIAL	Push away distressing thoughts through skillful self-deception.	