

DBT Skills Diary Card							
1. Non-judgmental stance: Describe Rather than Judge: stick to the facts	MON	TUE	WED	THUR	FRI	SAT	SUN
2. Non-judgmental stance: Think through the causes "makes perfect sense"	MON	TUE	WED	THUR	FRI	SAT	SUN
3. Effectiveness: focus on what works, rather than being "right" or making a point	MON	TUE	WED	THUR	FRI	SAT	SUN
4. Validate - Paid attention and asked questions	MON	TUE	WED	THUR	FRI	SAT	SUN
5. Validate - Said back what was child said or did	MON	TUE	WED	THUR	FRI	SAT	SUN
6. Validate - Empathic mind-reading (asked for correction)	MON	TUE	WED	THUR	FRI	SAT	SUN
7. Validate - Said "Your emotion/behavior made sense" (it is caused or is normal)	MON	TUE	WED	THUR	FRI	SAT	SUN
8. Validate - Took child seriously (acted on valid needs or requests)	MON	TUE	WED	THUR	FRI	SAT	SUN
9. Validate - Acted authentically and as an equal	MON	TUE	WED	THUR	FRI	SAT	SUN
10. Family meeting to review contingency plan	MON	TUE	WED	THUR	FRI	SAT	SUN
When a Negative Behavior Occurs							
Describe specific observable behaviors to stop	MON	TUE	WED	THUR	FRI	SAT	SUN
Express your reactions (in a nonjudgmental manner)	MON	TUE	WED	THUR	FRI	SAT	SUN
Assert ask for a specific positive opposite behavior	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce calmly and briefly describe consequence (once only)	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce calmly and quickly apply the consequence	MON	TUE	WED	THUR	FRI	SAT	SUN
11. Broken record ____, Ignore attacks ____, Appear confident ____, Negotiate ____, MAN	MON	TUE	WED	THUR	FRI	SAT	SUN
12. Gentle ____, Interested ____, Validate ____, Easy manner ____, GIVE	MON	TUE	WED	THUR	FRI	SAT	SUN
13. Fair ____, no-Apologies ____, Stick to values ____, Truthful ____, FAST	MON	TUE	WED	THUR	FRI	SAT	SUN
When a Desired Behavior is Needed, but nothing has happened yet							
Describe specific observable behaviors that are needed	MON	TUE	WED	THUR	FRI	SAT	SUN
Express your expected positive reactions	MON	TUE	WED	THUR	FRI	SAT	SUN
Assert explicitly ask for the specific needed behaviors and when they are needed	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce describe the positive consequences	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce after waiting, calmly and briefly describe the negative consequences	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce calmly and quickly apply the consequence	MON	TUE	WED	THUR	FRI	SAT	SUN
When a Desired Behavior Occurs							
Reinforce show your happiness through your verbal and nonverbal behavior (e.g., hug)	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce behave in ways that naturally reflect your happiness (e.g., natural surprise rewards)	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce give a tangible reward specified in the contract	MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce even small desired behaviors	MON	TUE	WED	THUR	FRI	SAT	SUN
	MON	TUE	WED	THUR	FRI	SAT	SUN
	MON	TUE	WED	THUR	FRI	SAT	SUN

This card is located at www.dbtsandiego.com/current_clients.html

CF13-Diarycard-parent.rtf

Things to Do Before Next Session

Completed?

Yes No
 Yes No
 Yes No
 Yes No
 Yes No
 Yes No
 Yes No

Things to Bring to Next Session

Brought It?

Yes No
 Yes No
 Yes No
 Yes No