# **Parent Diary Card**

DBT Skills Diary Card Parent Name:			Week	of	_			
Date .								
Our Behaviors	Pts	MON	TUE	WED	THUR	FRI	SAT	SUN
Argue								
Avoid								
Give in								
Negative Judgments								
Negative Assumptions "You are trying to" "You don't want"								
Never/Always Language								
Our Emotions Got in the Way (overall, 0-5 rating)								
Which emotions got in the way this week?								
Behaviors of Child to Increase								
Compliance with Requests (0-5 rating, 5 = 100% compliance)								
1. (Y or N)								
2. (Y or N)								
3. (Y or N)								
4. (Y or N)								
Completed all homework (Y or N)								
In room ready for bed before 9:00pm (Y or N)								
In car or on bus and at school on time (Y or N)								
Arrive at therapy appt before scheduled start time (Y or N)								
Random acts of kindness (# of times)								
Total Pts:								
Behaviors of Child to Decrease								
Physically destructive acts (# of acts)								
Threats of Physical violence (# of times)								
Anger (0-5 rating)								
Yelling or screaming (# of times)								
Contempt (# of times)								
Insults (# of insulting words)								
Obscene language (# of foul words)								
Self Harm or Threats (# of times)								
Positive drug or alcohol test (Y or N)								
Away from home without permission < 10 pm (# of minutes)								
Away from home without permission after 10 pm (# of minutes)								
Total Points Deducted:								
Points spent:								
Total Points Remaining:								

\_\_\_\_\_

What happened? :\_\_\_\_\_

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		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, <u>A</u> ppear confident, NegotiateMAN	MON	TUE	WED	THUR	FRI	SAT	SUN
12. <u>G</u> entle, <u>I</u> nterested, <u>V</u> alidate, <u>E</u> asy manner GIVE	MON	TUE	WED	THUR	FRI	SAT	SUN
13. <u>F</u> air, no- <u>A</u> pologies, <u>S</u> tick to values, <u>T</u> ruthful 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
	MON	TUE	WED	THUR	FRI	SAT	SUN
When a Desired Behavior Occurs	MON MON	TUE	WED	THUR	FRI	SAT	SUN
Reinforce show your happiness through your verbal and nonverbal behavior (e.g., hug)		TUE	WED	THUR	FRI	SAT	SUN
Reinforce behave in ways that naturally reflect your happiness (e.g., natural surprise rewards)		TUE	WED	THUR	FRI	SAT	SUN
Reinforce give a tangible reward specified in the contract		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

### Things to Do Before Next Session

#### Yes No No Yes Yes No No Yes No Yes \_\_\_\_\_ Yes No \_\_\_\_\_ Yes No

# Things to Bring to Next Session

#### CF13-Diarycard-parent.rtf

## Brought It?

**Completed?** 

Yes	No
Yes	No
Yes	No
Yes	No