

# Dialectical Behavior Therapy Skills Diary Card

Initials \_\_\_\_\_  
ID # \_\_\_\_\_

Filled out in session  
Y N  
(Circle)

How often did you fill out this side?  
Daily 2-3x  
4-6x Once

Started: \_\_\_\_\_  
Date \_\_\_\_/\_\_\_\_/\_\_\_\_

## Highest Urge To:

## Highest Rating for Each Day:

## Actions

Circle Start Day	Highest Urge To:				Highest Rating for Each Day:						Actions							
	Commit Suicide 0-5	Self Harm 0-5	Use DA 0-5	Use TB 0-5	Physical Misery 0-5	Sad 0-5	Anx 0-5	Shame 0-5	Anger 0-5	Joy 0-5	Guilt 0-5	SI/SH Y/N	D/A Y/N	TB Y/N	Used Skills* 0-7	Meds Y/N	ST* Y/N	TIB Y/N
Day of Week																		
MON																		
TUE																		
WED																		
THU																		
FRI																		
SAT																		
SUN																		

## Target Behaviors:

Disassociating  
Shopping  
Sex  
Lying/omitting  
Oversleeping/napping  
Gambling  
Speeding  
Bingeing/Purging/Restricting  
Anger Outburst  
Not answering calls/voicemail/texts

Internet  
Stealing  
Video games  
Drugs/alcohol  
Avoidance

## \*Used Skills

0 = Not thought about or used  
1 = Thought about, not used, didn't want to  
2 = Thought about, not used, wanted to  
3 = Tried but couldn't use them

## \*Secondary Targets:

- Inhibited Grieving
- Emotional Vulnerability
- Self Invalidation
- Unrelenting Crisis
- Apparent Competence
- Active Passivity

4 = Tried, could do them but they didn't help  
5 = Tried, could use them, helped  
6 = Didn't try, used them, didn't help  
7 = Didn't try, used them, helped

- avoidance of emotions, stuffing
- emotional reactivity, outburst, sensitivity
- invalidating emotions, beating self up, ignoring self
- creating crisis usually by avoiding
- masking, looking like everything is fine when not
- avoidance, not problem solving when need to, waiting for change

