

ED-DBT Diary Card	Filled out in Session? Y/N	Target Behaviors:
Date Finished _____	How often did you fill out this card? 1 2 3 4 5 6 7	1
Name _____		2
Did you use coaching? Y/N	Did you lie on the diary card? Y/N	Any AIBs (Did you set yourself up? If yes, record AIBs below) Y/N
How many times?		Did you capitulate? Give in or surrender to ED? (0-5)

SI/SIB/TIB Behavior	Emotions	Target Behaviors	hx	rx
Suicidal Ideation Self-injurious Behavior Therapy Interfering Beh. Urge to quit DBT	Rate how intense your emotion was each day 0= Not at all 1=A bit 2=Somewhat 3=Rather-Strong 4=Very Strong 5= Extremely Strong Misery Index:	How strong was your urge to use (or avoid) your target behavior? Did you act on target?	yes/no	Yes/no

Day	Urge/action		Urge/action		Rx	Pain	Irritable /Anger	Depressed /Sad	Anxiety /Fear	Shame /Guilt	Content/ Joy	Energy Level	Urge /action	Urge /action
	SI	SIB	TIB	D/A										

day _____

day _____

day _____

day _____

day _____

day _____

day _____

day _____

day _____

day _____

On the back, please check the skills you have used today. If you used a skill but find that it is not "working," please circle.

Core Mindfulness	What Skills	Wise Mind: balancing emotion mind and reasonable mind							
		Observe: just notice (urge surfing)							
		Describe: putting words to it							
		Participate: entering into the experience							
	How Skills	One mindfully: stay focused in the moment							
		Non-judgmentally: just the facts (Don't judge judging, separate facts from interpretation)							
		Effectively: focus on what works							
	Other	Mindfulness Practice							
		Practicing Loving and Kindness							
		Balancing Doing Mind and Being Mind							
Interpersonal Effectiveness	3 goals of interpersonal effectiveness	Prioritize goals (objective, relationship, self-respect)							
		Objectives effectiveness: DEAR-MAN (Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating)							
		Relationship Effectiveness: GIVE (Gentle, Interested, Validating, Easy manner)							
		Self-respect Effectiveness: FAST (Fair, no Apologies, Stick to values, Truthful)							
	Intensity	Consider options for intensity: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect							
		Building or Ending Relationships	Finding & Getting People to Like you						
	Mindfulness of others								
	Ending Destructive/Interfering Relationships								
	Walking the Middle Path	Commitment (Committing to DBT or the process, and not engaging in unhealthy or destructive bxs)							
		Think and act dialectically (not black and white, rigid or inflexible)							
Validation (Validate self/ Validate someone else)									
		Strategies for Changing Behavior							
Emotional Regulation	Understanding Emotions	Model of emotions							
		Function of emotion							
		Challenging myths of emotions							
	Changing Emotions	Check the Facts							
		Opposite Action							
		Problem Solving							
	Reducing Vulnerability ABC PLEASE	Accumulate Positives							
		Build Mastery							
		Cope Ahead							
		Take care of Physical illness							
		Balanced Eating							
		Avoid alcohol / mood altering drugs							
		Balanced Sleeping							
		Balanced Exercise							
	Managing Really Difficult Emotions	Mindfulness of Current Emotions							
Managing Extreme Emotions									
Troubleshooting									
Distress Tolerance	CRISIS SURVIVAL SKILLS	STOP							
		Pros & Cons of using distress tolerance skill							
		TIP: change body Temp; Intense exercise; Paced breathing or Progressive relaxation							
		Distract with WISEMIND ACCEPTS: Activities, Contribution, Comparison / Count blessings, Opposite Emotions, Pushing away, pleasant Thoughts Sensations							
		Self-soothe with 5 senses*							
	ACCEPTING REALITY	IMPROVE the Moment: Imagery, Meaning, Prayer, Relaxation, One thing in the moment, Vacation, Encouragement							
		Radical Acceptance							
		Turning the Mind							
		Willingness							
		Half-Smiling and Willing Hands							
		Allowing the Mind: Mindfulness of Current Thoughts							