

Dialectical Behavior Therapy for Substance Use Disorders Daily Diary Card					Initials		Filled out in session		How often did you fill out this side?			Started:						
					ID #		Y N (Circle)		___ Daily ___ 2-3x ___ 4-6x ___ Once			Date ___/___/___						
Circle Start Day	Highest Urge To:				Highest Rating For Each Day							Actions						R
	Commit Suicide	Self Harm	Use alcohol	Use Drug	physical pain	Sadness	Lonely	Shame & Guilt	Anger	Anxiety	Joy	Self Harm	Meds as Prescribed	Drug/AL use	Lied	Used Skills*		
Day of Week	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	Y/N	Y/N	#	#	0-7	✓	
MON																		
TUE																		
WED																		
THU																		
FRI																		
SAT																		
SUN																		

Is the door to substance use open? If so how?

List apparently irrelevant behaviors here:

I have lied on my diary card

**\*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  
 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

Urge to: (0-5)	Session		Ability to self-regulate / self-control: (0-5)	Session	
	Coming in	After		Coming in	After
Quit Therapy			Emotions:		
Use Drugs/alcohol			Action:		
Commit Suicide			Thoughts:		

Adapted from: Behavioral Research and Training Clinic, University of Washington, NIMH4 © 2004

DBT Skills Diary Card		Filled out this side? ___ Daily ___ 2-3x ___ 4-6x ___ Once ___ In session					Check Skills; Circle days skill was practiced	
Mindfulness	MON	TUE	WED	THUR	FRI	SAT	SUN	1. Clear Mind/Wise Mind
	MON	TUE	WED	THUR	FRI	SAT	SUN	2. Observe (urge surfing, just notice)
	MON	TUE	WED	THUR	FRI	SAT	SUN	3. Describe (put words on)
	MON	TUE	WED	THUR	FRI	SAT	SUN	4. Participate (enter into the experience)
	MON	TUE	WED	THUR	FRI	SAT	SUN	5. Non-judgmentally (just the facts: avoid "bad", "should", "stupid", etc.)
	MON	TUE	WED	THUR	FRI	SAT	SUN	6. One-mindfully (present moment)
	MON	TUE	WED	THUR	FRI	SAT	SUN	7. Effectiveness (focus on what works)
Interpersonal Effectiveness	MON	TUE	WED	THUR	FRI	SAT	SUN	8. Figure out interpersonal goals and priorities: which is MOST important?
	MON	TUE	WED	THUR	FRI	SAT	SUN	9. Describe, Express, Assert, Reinforce (DEAR)
	MON	TUE	WED	THUR	FRI	SAT	SUN	10. Mindful: Broken record, Ignore attacks (MAN)
	MON	TUE	WED	THUR	FRI	SAT	SUN	11. Appear confident, Negotiate
	MON	TUE	WED	THUR	FRI	SAT	SUN	12. Gentle, act Interested, Validate, Easy Manner (GIVE)
Emotion Regulation	MON	TUE	WED	THUR	FRI	SAT	SUN	13. Fair, no Apologies, Stick to values, be Truthful (FAST)
	MON	TUE	WED	THUR	FRI	SAT	SUN	14. Attend to relationships
	MON	TUE	WED	THUR	FRI	SAT	SUN	15. Describe emotions (put names on them)
	MON	TUE	WED	THUR	FRI	SAT	SUN	16. Opposite-to-the-emotion action
	MON	TUE	WED	THUR	FRI	SAT	SUN	17. Accumulate positives, Build mastery, Cope ahead (ABC)
Distress Tolerance	MON	TUE	WED	THUR	FRI	SAT	SUN	18. Physical ill, Eat, Avoid drugs, Sleep, Exercise (PLEASE)
	MON	TUE	WED	THUR	FRI	SAT	SUN	19. Temperature ice/heat, Intense Exercise, Progressive relax (TIP)
	MON	TUE	WED	THUR	FRI	SAT	SUN	20. Mindfulness of Current Emotion (it is a wave, let it come and go)
	MON	TUE	WED	THUR	FRI	SAT	SUN	21. Problem solve (challenge thinking, turn the mind)
	MON	TUE	WED	THUR	FRI	SAT	SUN	22. Activities, Contribute, Compare, change Emotion, Push away thoughts, substitute other Thoughts, intense Sensations (Distract with "Wise Mind ACCEPTS")
MON	TUE	WED	THUR	FRI	SAT	SUN	23. Self-soothe (the five senses)	
MON	TUE	WED	THUR	FRI	SAT	SUN	24. Imagery, Meaning-making, Prayer, Relaxation, One-thing-in-the-moment, mini-vacation, Encourage yourself (IMPROVE the moment)	
MON	TUE	WED	THUR	FRI	SAT	SUN	25. Pros and Cons (of tolerating the distress)	
MON	TUE	WED	THUR	FRI	SAT	SUN	26. Radical Acceptance (turn the mind, willingness)	

