

<b>Dialectical Behavior Therapy Adolescent Diary Card</b>	First Name _____	Filled out in session? Y/ N _____	How often did you fill out this section? ___ Daily ___ 2-3x ___ Once How often did you use phone consult? ___	Date started / /
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Day	Self Harm		Suicidal		Meds	School	Other			Emotions							Skills *	Notes:
	Urge	Actions	Thoughts	Actions	Taken as Prescribed	Cut class/ school	Risky Sex			Anger	Fear	Happy	Anxious	Sad	Shame	Lying *		
	0-5	Yes / No	0-5	Yes / No	Yes/No	Yes/No				0-5	0-5	0-5	0-5	0-5	0-5	Yes/No	0-7	

<b>*USED SKILLS</b> 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	<b>Rating Scale for Emotions and Urges:</b> 0=Not at all 1=A bit 2=Somewhat 3=Rather Strong 4=Very Strong 5=Extremely Strong Urge to harm self: _____ Urge to quit therapy: _____ Misery Index: _____
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Instructions: Circle the days you worked on each skill

	Core Mindfulness									Emotion Regulation							
	Mon	Tues	Wed	Thur	Fri	Sat	Sun			Mon	Tues	Wed	Thur	Fri	Sat	Sun	
Core Mindfulness	1. Wise mind								Interpersonal Effectiveness	8. DEAR MAN (Getting what you want)							
	2. Observe (Just notice what's going on inside)									9. GIVE (Improving the relationship)							
	3. Describe: (Put words on the experience)									10. FAST (Feeling effective & keeping your self-respect)							
	4. Participate (Enter into the experience)									11. Cheerleading statements for worry thoughts							
	5. Don't Judge (Non-judgemental stance)									18. ACCEPTS (Distract)							
	6. Stay Focused (One-mindfully: in-the-moment)									19. Self-soothe (5 senses)							
	7. Do what works (Effectiveness)									20. Pros and cons							
Emotion Regulation	12. Identifying and labeling emotions								Distress Tolerance	21. Radical Acceptance							
	13. PLEASE (Reduce vulnerability to emotion mind)									23. Positive reinforcement							
	14. MASTER (Building mastery, feeling effective)									Walking the Middle Path	24. Validate self						
	15. Engaging in pleasant activities										25. Validate someone else						
	16. Working toward long-term goals										26. Think dialectically (non black and white)						
	17. Building structure // time, work, play										27. Act dialectically (walk the middle path)						
	22. Acting-opposite to current emotion																