# Dialectical Behavior Therapy
## Adolescent Diary Card

**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**

### Day

<table>
<thead>
<tr>
<th></th>
<th>Self Harm</th>
<th>Suicidal</th>
<th>Meds</th>
<th>School</th>
<th>Other</th>
<th>Emotions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Urge</td>
<td>Actions</td>
<td>Thoughts</td>
<td>Actions</td>
<td>Taken as Prescribed</td>
<td>Cut class/school</td>
</tr>
<tr>
<td></td>
<td>0-5</td>
<td>Yes / No</td>
<td>0-5</td>
<td>Yes / No</td>
<td>Yes / No</td>
<td>0-5</td>
</tr>
</tbody>
</table>

**Note:**

#### *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

**Rating Scale for Emotions and Urges:**

- 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: _____

**Instructions:** Circle the days you worked on each skill

### Core Mindfulness

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

**Walking the Middle Path**

- Miller, Rathus, & Linehan, 2004