

# DBT DIARY CARD

Name: \_\_\_\_\_ Date Range: \_\_\_\_\_ Frequency: \_\_\_\_\_ Daily \_\_\_\_\_ 2-3x \_\_\_\_\_ Weekly

Target Behavior	Emotions	Skills
How strong was your urge to use (or avoid) your target behavior? Did you?	Rate how intense your emotion was each day	Use the Scale to rate how you used your skills.

DAY	DATE	SADNESS	SHAME	ANGER	FEAR	AGITATION	JOY	S-H URGES	S-H ACTION	SUICIDAL ACTIONS	OTHER TARGET	NOTES

### 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 could not use them

- 4 - tried, could do them but they didn't help
- 5 - tried, could use the, didn't help
- 6 - didn't try, used them, didn't help
- 7 - didn't try, used them, helped