

# DBT SKILLS TRACKER

Target behavior:

Starting date / week:

## DBT DIARY CARD / DBT SKILLS TRACKER

In DBT there are 3 categories of targets: life-threatening behavior, therapy-interfering behavior, and quality-of-life-interfering behavior. These behaviors stop you from progressing in your life.

In the **urge** column, rate in scale of 0-5. For the **action** column, mark an X if you acted on that behavior. For the **emotions** column, rate from 0-5 depending on the intensity of your feelings.

	Target behavior		Emotions							Others	
	Urge	Action	Pain	Fear	Anger	Shame	Joy	Sadness	Anxious	Meds (y/n)	Skills*
Mon											
Tues											
Wed											
Thur											
Fri											
Sat											
Sun											

\*Skills: From a scale from 0-5, rate how much you thought about using a skill, or if it didn't work, up to 5 where you used a skill and it was helpful.

			M	T	W	T	F	S	S
MINDFULNESS	"What" skills	Wise mind: Balance between emotional mind and reasonable mind							
		Observe: Look at the situation without judgement							
		Describe: Put words on it, describe it in a "matter of fact" way							
		Participate: Let yourself get involved in the moment							
MINDFULNESS	"How" skills	One-mindfully: in the moment							
		Non-judgemental: Facts							
		Effectively: Focus on what works. Focus on your objectives							
EMOTIONAL REGULATION	VITALS	Validate yourself, Imagine yourself doing it, Take small steps, Applaud yourself, Lighten your load, Sweeten the pot							
	ABC	Accumulate positive emotions, Build mastery, Cope for emotional events							
	PLEASE	P&L physical illness (treat), Eating (balance), Altering drugs (avoid), Sleep (balance), Exercise (regularly)							
INTERPERSONAL EFFECTIVENESS	Goals	Set boundaries, recognize when to say no							
		Mindfulness of emotions; label emotions. Opposite action to emotion urges							
		Check the facts, problem solving. Resolve conflict effectively							
	GIVE	Gentle, Interested, Validate, Easy manner							
INTERPERSONAL EFFECTIVENESS	FAST	Fair, Apology-free, Stick with values, Truthfulness							
	DEAR MAN	Describes, Express, Assert, Reinforce, Mindful, Appear confident, Negotiate							
	TIPP	Tip the temperature, Intense exercise, Paced breathing, Paired muscle relaxation							
	STOP	Stop - do not react, Take a step back, Observe, Proceed mindfully							
WISDOM	ACCEPTS	Activities, Contributing, Comparisons, Emotion opposites, Pushing away, Thoughts, Sensations							
	IMPROVE	Imagery, Meaning, Prayer, Relaxation, One thing at a time, Vacation, Encouragement							

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In the **urge** column, rate in scale of 0-5. For the **action** column, mark an X if you acted on that behavior. For the **emotions** column, rate from 0-5 depending on the intensity of your feelings.

		Others	
Sadness	Anxious	Meds (y/n)	Skills*

\*Skills: From a scale from 0-5, rate how much you thought about using a skill, or if it didn't work, up to 5 where you used a skill and it was helpful.

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reasonable mind							
fact" way							
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jectives							
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n to emotion urges							
ly							
confident, Negotiate							