

DBT Diary Card

There are many DBT Cards out there, and there are even apps available for your Smart Phone and Tablet. Check them out! This is the DBT Card we use in the group that I attend. I am unsure of the original source and believe it was created by the staff at Kaiser Permanente Hospital. I'll be using this card in my examples.

SKILLS DIARY CARD INSTRUCTIONS: Circle the days you worked on each skill.

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1. Wise mind							
2. Observe: just notice							
3. Describe: put words on							
4. Nonjudgmental stance							
5. One-mindfully: in-the-moment							
6. Effectiveness: focus on what works							
7. Objective effectiveness: DEAR MAN							
8. Relationship effectiveness: GIVE							
9. Self-respect effectiveness: FAST							
10. Reduce vulnerability: PLEASE							