

DBT Diary Card – Mindfulness, DT & ER Skills

Date							
1. Dialectical Thinking	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2. Wise mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3. Observe: just notice	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4. Describe: put words on	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5. Participate: enter into the experience	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6. Nonjudgmental stance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7. One-mindfully: in-the-moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8. Effectiveness: focus on what works	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9. STOP Skills	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10. TIP (temp, intense exercise, PMR)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11. Distract	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12. Self-soothe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
13. Improve the moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
14. Pros and cons	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
15. Radical Acceptance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
16. Willingness vs. Willfulness	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
17. Reduce vulnerability: PLEASE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
18. Build MASTERY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19. Build positive experiences	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
20. Opposite-to-emotion action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
21. Self-Validation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
22. Ride the Wave of Emotions	Mon	Tues	Wed	Thurs	Fri	Sat	Sun