

## DBT Diary Card

| 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 |

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