

# Dialectical Behavior Therapy Diary Cards

How often did you fill in the card? ☐ Daily ☐ 2-5 times per week ☐ Once a week ☐ Date Started: Month: \_\_\_\_\_ Day: \_\_\_\_\_ Year: \_\_\_\_\_ Page 1

Prompting Events (Indicate events that triggered your behaviors)	Date	Emotions (Rate the intensity your emotions from 0-5)								Target Problem Behaviors (Indicate below)								USED SKILLS								
										1				2					3				4			
		Hurt / Pain	Shame	Blame / Guilt	Anger	Fear / Anxiety	Joy	Jealousy	Urges	Anger	Urges	Anger	Urges	Anger	Urges	Anger	Urges		Anger	Urges						
1.		0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	Y or NT	0-5	Y or NT	0-5	Y or NT	0-5	Y or NT	0-5	Y or NT	0-5	Y or NT						
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Other Events to Note During the Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Rate Intensity  
0 = None/Not at all  
1 = Not too much  
2 = Some  
3 = Moderate  
4 = Too much  
5 = Very much  
6 = Extreme  
7 = Automatic

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**DIALECTICAL BEHAVIOR THERAPY DIARY CARDS** SERVE AS A CRUCIAL TOOL IN THE PRACTICE OF DIALECTICAL BEHAVIOR THERAPY (DBT), WHICH WAS DEVELOPED BY DR. MARSHA LINEHAN TO TREAT INDIVIDUALS WITH BORDERLINE PERSONALITY DISORDER AND OTHER EMOTIONAL REGULATION ISSUES. THESE DIARY CARDS ARE INTEGRAL TO THE DBT PROCESS AS THEY FACILITATE SELF-MONITORING, ENHANCE AWARENESS OF EMOTIONS AND BEHAVIORS, AND PROVIDE A STRUCTURED WAY FOR INDIVIDUALS TO TRACK THEIR PROGRESS THROUGHOUT THERAPY. IN THIS ARTICLE, WE WILL EXPLORE THE PURPOSE, STRUCTURE, AND BENEFITS OF DBT DIARY CARDS, AS WELL AS PROVIDE GUIDANCE ON HOW TO EFFECTIVELY USE THEM TO MAXIMIZE THERAPEUTIC OUTCOMES.

## UNDERSTANDING DIALECTICAL BEHAVIOR THERAPY (DBT)

### WHAT IS DBT?

DIALECTICAL BEHAVIOR THERAPY IS A COGNITIVE-BEHAVIORAL TREATMENT THAT EMPHASIZES BALANCING ACCEPTANCE AND CHANGE. THE THERAPY COMPRISES FOUR PRIMARY COMPONENTS:

1. MINDFULNESS – FOCUSING ON THE PRESENT MOMENT.
2. DISTRESS TOLERANCE – BUILDING SKILLS TO TOLERATE EMOTIONAL PAIN.
3. EMOTIONAL REGULATION – LEARNING TO MANAGE AND CHANGE INTENSE EMOTIONS.
4. INTERPERSONAL EFFECTIVENESS – IMPROVING COMMUNICATION AND RELATIONSHIP SKILLS.

DBT IS ESPECIALLY BENEFICIAL FOR INDIVIDUALS WHO EXPERIENCE INTENSE EMOTIONS AND HAVE DIFFICULTY MANAGING THEIR REACTIONS.

### THE ROLE OF DIARY CARDS IN DBT

DIARY CARDS ARE USED IN DBT TO HELP CLIENTS TRACK THEIR EMOTIONS, BEHAVIORS, AND THE SKILLS THEY ARE LEARNING IN

therapy. These cards serve several key functions:

- **Self-Monitoring:** Clients can recognize patterns in their emotions and behaviors over time.
- **Skill Application:** Diary cards encourage the use of DBT skills in real-life situations.
- **Therapeutic Dialogue:** They provide a basis for discussion during therapy sessions, helping therapists understand the client's experiences.

## The Structure of DBT Diary Cards

### Essential Components

A typical DBT diary card includes several important sections, each designed to capture different aspects of the client's emotional and behavioral experiences. Common components include:

1. **Date:** The date of the entries.
2. **Emotions:** A list of emotions experienced throughout the day, often rated on a scale (e.g., 0-5).
3. **Behavioral Targets:** Specific behaviors the client aims to change or monitor (e.g., self-harm, substance use).
4. **DBT Skills Used:** A section for tracking the skills applied from each of the four DBT modules.
5. **Coping Strategies:** Identifying what strategies were useful or ineffective.
6. **Overall Rating:** A general rating of how the day went, often reflecting a combination of emotions and behaviors.

### Sample DBT Diary Card Layout

A simplified version of a DBT diary card may look like this:

Date	Emotions (0-5)	Behaviors	DBT Skills Used	Coping Strategies	Overall Rating (0-5)
2023-10-01	SAD (4), ANXIOUS (3)	SELF-HARM (YES)	MINDFULNESS   DEEP BREATHING	2	
2023-10-02	HAPPY (5), ANGRY (2)	SUBSTANCE USE (NO)	DISTRESS TOLERANCE   JOURNALING	4	

## Benefits of Using Dialectical Behavior Therapy Diary Cards

### Enhancing Self-Awareness

The act of regularly noting emotions and behaviors helps clients become more aware of their internal experiences. This self-awareness is crucial for identifying triggers and understanding the impact of their emotions on their actions. As clients become more attuned to their feelings, they can better anticipate and manage their responses.

### Facilitating Behavioral Change

By documenting behaviors that are problematic, clients can recognize patterns and set specific goals for change. For instance, if a client consistently notes self-harm behaviors, they can work on strategies to cope with distress and prevent those actions over time.

## TRACKING PROGRESS

DBT DIARY CARDS ALLOW CLIENTS AND THERAPISTS TO VISUALIZE PROGRESS OVER TIME. BY REVIEWING ENTRIES, BOTH PARTIES CAN CELEBRATE IMPROVEMENTS AND IDENTIFY AREAS THAT STILL REQUIRE ATTENTION. THIS ONGOING FEEDBACK LOOP IS ESSENTIAL FOR FOSTERING A SENSE OF ACCOMPLISHMENT AND MOTIVATION IN THERAPY.

## IMPROVING THERAPEUTIC RELATIONSHIPS

SHARING DIARY CARD ENTRIES WITH THERAPISTS CAN DEEPEN THE THERAPEUTIC RELATIONSHIP. IT GIVES THERAPISTS INSIGHT INTO THE CLIENT'S DAY-TO-DAY EXPERIENCES, ENABLING THEM TO TAILOR INTERVENTIONS MORE EFFECTIVELY. MOREOVER, DISCUSSING THE ENTRIES FOSTERS OPEN COMMUNICATION AND TRUST.

## HOW TO USE DBT DIARY CARDS EFFECTIVELY

### SETTING UP YOUR DIARY CARD

WHEN STARTING WITH DIARY CARDS, CONSIDER THE FOLLOWING STEPS:

1. CHOOSE A FORMAT: DECIDE WHETHER TO USE A PAPER CARD OR A DIGITAL FORMAT (E.G., AN APP OR SPREADSHEET).
2. CUSTOMIZE THE CARD: TAILOR THE COMPONENTS TO FIT YOUR PERSONAL NEEDS. SOME INDIVIDUALS MAY BENEFIT FROM ADDITIONAL SECTIONS, SUCH AS TRIGGERS OR PHYSICAL SENSATIONS.
3. CONSISTENCY: AIM TO FILL OUT THE DIARY CARD DAILY, IDEALLY AT THE SAME TIME EACH DAY, TO CREATE A ROUTINE.

### REFLECTING ON ENTRIES

SET ASIDE TIME EACH WEEK TO REVIEW YOUR ENTRIES. CONSIDER THE FOLLOWING QUESTIONS:

- WHAT PATTERNS DO I NOTICE IN MY EMOTIONS OR BEHAVIORS?
- WHICH DBT SKILLS WERE MOST HELPFUL?
- ARE THERE SPECIFIC SITUATIONS THAT CONSISTENTLY TRIGGER NEGATIVE EMOTIONS?

THIS REFLECTION CAN INFORM YOUR GOALS FOR THE UPCOMING WEEK AND HIGHLIGHT AREAS FOR DISCUSSION IN THERAPY.

### SHARING WITH YOUR THERAPIST

BRING YOUR DIARY CARD TO THERAPY SESSIONS. USE IT AS A TOOL TO GUIDE DISCUSSIONS, FOCUSING ON:

- SUCCESSES IN APPLYING DBT SKILLS.
- CHALLENGES FACED IN MANAGING EMOTIONS.
- INSIGHTS GAINED FROM TRACKING BEHAVIORS.

YOUR THERAPIST CAN PROVIDE FEEDBACK AND SUPPORT BASED ON THE INFORMATION CAPTURED IN YOUR DIARY CARD.

## COMMON CHALLENGES AND SOLUTIONS

### INCONSISTENCY IN TRACKING

MANY CLIENTS STRUGGLE TO CONSISTENTLY FILL OUT THEIR DIARY CARDS. TO COMBAT THIS:

- SET REMINDERS ON YOUR PHONE.
- KEEP YOUR DIARY CARD IN A VISIBLE LOCATION.
- PAIR FILLING OUT THE CARD WITH ANOTHER DAILY ROUTINE (E.G., BRUSHING TEETH).

## OVERWHELMED BY EMOTIONS

WHEN EMOTIONS FEEL OVERWHELMING, CLIENTS MAY FIND IT HARD TO ARTICULATE THEIR FEELINGS. IN THESE INSTANCES:

- USE GENERAL TERMS (E.G., “BAD,” “GOOD”) INSTEAD OF SPECIFIC EMOTIONS.
- NOTE THE INTENSITY OF EMOTIONS RATHER THAN TRYING TO LABEL EACH ONE.
- FOCUS ON ONE OR TWO SIGNIFICANT EMOTIONS FOR THE DAY.

## FEELING JUDGMENT ABOUT ENTRIES

CLIENTS MAY FEEL JUDGMENTAL ABOUT THEIR BEHAVIORS OR EMOTIONS RECORDED ON THE DIARY CARD. TO ADDRESS THIS:

- REMIND YOURSELF THAT THE DIARY CARD IS A TOOL FOR GROWTH, NOT A MEANS OF SELF-CRITICISM.
- APPROACH ENTRIES WITH CURIOSITY RATHER THAN JUDGMENT.
- DISCUSS ANY NEGATIVE FEELINGS ABOUT YOUR ENTRIES WITH YOUR THERAPIST TO GAIN PERSPECTIVE.

## CONCLUSION

DIALECTICAL BEHAVIOR THERAPY DIARY CARDS PLAY A VITAL ROLE IN THE THERAPEUTIC PROCESS, OFFERING A STRUCTURED WAY FOR CLIENTS TO MONITOR THEIR EMOTIONS, BEHAVIORS, AND THE APPLICATION OF DBT SKILLS. BY ENHANCING SELF-AWARENESS, FACILITATING BEHAVIORAL CHANGE, AND TRACKING PROGRESS, THESE DIARY CARDS EMPOWER INDIVIDUALS TO TAKE AN ACTIVE ROLE IN THEIR RECOVERY. WHILE CHALLENGES MAY ARISE IN THE CONSISTENT USE OF DIARY CARDS, STRATEGIES EXIST TO OVERCOME THESE OBSTACLES AND MAXIMIZE THE BENEFITS. ULTIMATELY, INCORPORATING DIARY CARDS INTO THE DBT FRAMEWORK CAN LEAD TO MORE MEANINGFUL THERAPEUTIC OUTCOMES AND A DEEPER UNDERSTANDING OF ONESELF.

## FREQUENTLY ASKED QUESTIONS

### WHAT IS A DIALECTICAL BEHAVIOR THERAPY (DBT) DIARY CARD?

A DBT DIARY CARD IS A TOOL USED IN DIALECTICAL BEHAVIOR THERAPY TO HELP CLIENTS TRACK THEIR EMOTIONS, BEHAVIORS, AND SKILLS USAGE OVER TIME. IT SERVES AS A SELF-MONITORING LOG TO ENHANCE AWARENESS AND FACILITATE DISCUSSIONS IN THERAPY SESSIONS.

### HOW DO YOU FILL OUT A DBT DIARY CARD?

TO FILL OUT A DBT DIARY CARD, CLIENTS TYPICALLY RECORD THEIR DAILY EMOTIONS, URGES, BEHAVIORS, AND THE DBT SKILLS THEY USED. THEY MAY ALSO NOTE ANY SIGNIFICANT EVENTS OR INTERACTIONS THAT IMPACTED THEIR FEELINGS OR REACTIONS.

### WHAT ARE THE BENEFITS OF USING A DBT DIARY CARD?

USING A DBT DIARY CARD HELPS CLIENTS INCREASE SELF-AWARENESS, IDENTIFY PATTERNS IN THEIR EMOTIONS AND BEHAVIORS, TRACK PROGRESS IN THERAPY, AND ENHANCE THEIR ABILITY TO APPLY DBT SKILLS EFFECTIVELY.

### HOW OFTEN SHOULD A DBT DIARY CARD BE FILLED OUT?

CLIENTS ARE USUALLY ENCOURAGED TO FILL OUT THEIR DBT DIARY CARDS DAILY, ALLOWING FOR A COMPREHENSIVE OVERVIEW OF THEIR EMOTIONAL AND BEHAVIORAL PATTERNS OVER TIME.

## WHAT TYPES OF EMOTIONS ARE TYPICALLY TRACKED ON A DBT DIARY CARD?

CLIENTS OFTEN TRACK A RANGE OF EMOTIONS, INCLUDING SADNESS, ANGER, ANXIETY, JOY, AND FRUSTRATION. THEY MAY ALSO NOTE THE INTENSITY OF THESE EMOTIONS ON A SCALE TO BETTER UNDERSTAND THEIR EMOTIONAL FLUCTUATIONS.

## CAN DBT DIARY CARDS BE CUSTOMIZED FOR INDIVIDUAL NEEDS?

YES, DBT DIARY CARDS CAN BE CUSTOMIZED TO FIT INDIVIDUAL NEEDS. CLIENTS AND THERAPISTS CAN MODIFY THE CARD TO INCLUDE SPECIFIC EMOTIONS, BEHAVIORS, OR SKILLS THAT ARE PARTICULARLY RELEVANT TO THE CLIENT'S TREATMENT GOALS.

## HOW DO THERAPISTS USE THE INFORMATION FROM DBT DIARY CARDS?

THERAPISTS USE THE INFORMATION FROM DBT DIARY CARDS TO IDENTIFY PATTERNS IN CLIENTS' BEHAVIORS AND EMOTIONS, ASSESS PROGRESS, TAILOR TREATMENT STRATEGIES, AND DISCUSS SPECIFIC INCIDENTS DURING THERAPY SESSIONS.

## IS THERE A DIGITAL VERSION OF DBT DIARY CARDS AVAILABLE?

YES, THERE ARE DIGITAL VERSIONS OF DBT DIARY CARDS AVAILABLE THROUGH VARIOUS APPS AND ONLINE PLATFORMS, ALLOWING CLIENTS TO EASILY TRACK THEIR DATA AND ACCESS IT FROM ANYWHERE.

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## Dialectical Behavior Therapy Diary Cards

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\* Deploy dialectical thinking to explore multiple solution paths \* Apply innovative thinking to break conventional patterns \* Balance theoretical elegance with practical implementation \* Consider ...

DBT ...

McKay M, Wood JC, Brantley J: The dialectical behavior therapy skills workbook : practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation.

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cursor -

\* Deploy dialectical thinking to explore multiple solution paths \* Apply innovative thinking to break conventional patterns \* Balance theoretical elegance with practical implementation \* Consider

technical feasibility, maintainability, and scalability Permitted: \* Discussing multiple solution ideas \*  
Evaluating advantages/disadvantages

DBT.....

McKay M, Wood JC, Brantley J: The dialectical behavior therapy skills workbook : practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation.

Discover how dialectical behavior therapy diary cards can enhance your emotional regulation skills. Learn more about their benefits and how to use them effectively!

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