

Dialectical Behavior Therapy Card

Name: _____

Date Started: _____

Emotions: Today I felt... (use a scale of 1-10)

Emotion	Mo	Tu	We	Th	Fr	Sa	Su
Anger							
Fear (tense, anxious, panicky)							
Sad (depressed, hopeless)							
Empty (alone)							
Disgust							
Shameful/Guilty							
Unreal/disconnected							
Physically Bad							
Love (joy, happiness)							
Interest							
Present/alive/engaged							
Pride							

Urges, Behaviors and Personal Targets (use a 0-10 scale. Place an * if you acted on the urge.)

	Mo	Tu	We	Th	Fr	Sa	Su

Describe what was important today (especially related to your targets and use of skills).

Mo	Tu	We	Th	Fr	Sa	Su



DBT Skills Used

Fill in the number for the degree to which you used the skill:

- 1) Realized afterward that I should have used skill.
- 2) Thought about skill but chose not to use it.
- 3) Realized afterward that I did use skill effectively.
- 4) Mindfully tried to use skill but wasn't effective.
- 5) Mindfully used skill effectively.

	M	T	W	Th	F	S	S	
Core Mindfulness								Wise Mind: Accessed wisdom. Know Truth. Be centered and calm. Balanced Emotional mind and reasonable mind. Meditate
								Observe: Just notice the experience. "Teflon Mind." Control your attention. Smell the roses. Experience what is happening.
								Describe: Put experiences into words. Describe to yourself what is happening. Put words on the experience.
								Participate: Enter into the experience. Act intuitively from the wise mind. Practice changing the harmful and accepting yourself.
								Nonjudgmental stance: see but don't evaluate. Unglue your opinions. Accept each moment.
								One-mindfully: Be in the moment. Do one thing at a time. Let go of distractions. Concentrate on the task at hand.
								Effectiveness: Focus on what works. Learn the rules. Play by the rules. Act skillfully. Let go of vengeance and useless anger.
Interpersonal Effectiveness								Objective effectiveness: DEAR MAN: Describe. Express. Assert. Reinforce. Mindful. Appear Confident. Negotiate
								Relationship effectiveness: GIVE: Gentle. Interested. Validation. Easy Manner.
								Self-respect effectiveness: FAST: Fair. No Apologies. Stick to values. Be Truthful; Cheerleading
								Attend to Relationships.
Emotional Regulation								Challenging Myths + Beliefs: Dispute the thoughts and beliefs that reduce interpersonal effectiveness.
								Options for intensity: Determining how strongly to ask for or say NO to something
								Identifying Primary Emotions: Use the model of emotions to identify your primary emotions
								Function of emotions
								Problem-solving: identify the problem. Check the facts. Identify your goal. Brainstorm solutions. Evaluate solutions and put solution into action.
								Opposite-to-Emotion Action: Change emotions by acting opposite to the current emotion (when it's justified). Approach rather than avoid.
								Acquire positives in the SHORT term: Do pleasurable things you can do now.
								Acquire positives in the LONG term: Making choices that match morals and values
								Build Mastery: Try to do one (hard or challenging) thing a day to make yourself feel competent and in control.
								Cope Ahead: Imagine how you would skillfully cope with a situation <u>before</u> you are in it.
Distress Tolerance								PLEASE: Reduce vulnerability, treat physical illness, balance eating, avoid drugs, balanced sleep and exercise daily.
								Exposure to Negative Feelings
								Managing Extreme Emotions: Crisis survival skills. Mindfulness of current emotions. Apply emotion regulation skills.
								Exposure to positive feelings
								TIPP: Temperature, Intense Exercise, Progressive Muscle Relaxation, Paced Breathing
								Distract: Wise Mind ACCEPTS: Activities, Contributing, Comparison, Emotions, Pushing Away, Thoughts, Sensations
								Self-soothe: with the 5 senses. Sights Sounds. Smells. Taste. Touch. Be mindful of soothing sensations.
								IMPROVE: The Moment: Imagery. Meaning. Prayer. Relaxation. One thing in the moment. Vacation. Encouragement.
								Pros + Cons: Think about the +/- aspects of tolerating distress and the +/- aspects of NOT tolerating distress (engaging in impulsive behavior)
								Observing your breath: Breathing to center yourself
Middle Path								Half-smile: If you can't change your feelings or face. Create posture of acceptance, willingness, and openness to experience.
								Awareness Exercises: focus attention on allowing yourself to tolerate distress
								Radical acceptance: choose to recognize and accept reality. Freedom from suffering = acceptance of facts from deep within/ DOES NOT MEAN approval.
								Turning the mind: choosing over and over again to accept even though emotional mind wants to reject reality
								Willingness: doing what is needed in each situation
							Validate yourself and/or someone else	
							Think dialectically: Think GREY. Not black and white.	
							Act dialectically: Walk the middle Ground	
							Challenge Negative self-talk.	