

**Dialectal Behavior
Therapy
Diary Card**

**Instructions: Circle the
days you worked on each
skill**

**Filled out in
session? Y
N**

**How often did you fill out this
side?
_____ Daily _____ 2-3x
_____ Once**

1. Wise mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2. Observe: just notice (Urge Surfing)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3. Describe: put words on	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4. Participate: enter into the experience	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5. Nonjudgmental stance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6. One-mindfully: in-the-moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7. Effectiveness: focus on what works	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8. Objective effectiveness: DEAR MAN	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9. Relationship effectiveness: GIVE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10. Self-respect effectiveness: FAST	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11. Reduce vulnerability: PLEASE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12. Build MASTERY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
13. Build positive experiences	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
14. Opposite-to-emotion action (Alt. Rebellion)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
15. Distract (Adaptive Denial)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
16. Self-soothe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
17. Improve the moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
18. Pros and cons	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

19. Radical Acceptance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
20. Building Structure// Work	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
21. Building Structure// Love	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
22. Building Structure// Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
23. Building Structure// Place	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Urge to use (0-5): therapy session: _____	Before therapy session: _____				After		
Urge to quit therapy (0-5): therapy session: _____	Before therapy session: _____				After		
BRTC Diary Card							
Copyright 1999 Marsha M. Linehan, Ph.D.							

