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| **Montclair State University Telehealth DBT Individual Skills Training Program**  **Skills Diary Card** | | | |  |  |  |  |  |  | **Started** | | |  | **How often did you fill this out?** | | | | |  | **Belief I can change . . . and make better . . .** | | | | Coming into session (0-5) | |  | **Progress on goals this week** |
|  | **ID #** |  | |  | Date |  | | |  | Daily |  | 2-3x |  |  |  |  |  | Emotions | |  | |  |
|  |  |  |  |  |  |  |  |  |  | 4-6x |  | Once |  |  |  |  |  | Actions | |  | |  | (1-5) |
|  |  |  |  |  |  |  |  |  |  | **Filled out in session?** (Y/N) | | | |  |  |  |  | Thoughts | |  | |  |  |
| **Day of Week** | **Highest Urge To** | | | **Highest Rating for Each Day** | | | | | **Alcohol/Drugs** | | | | | | | | **Actions** | | | | | | | | | | |
| **Commit Crime** | **Use Alcohol/ Drugs** | **Quit Program** | **Bored** | **Impulsive** | | **Productive** | | **Alcohol** | | | | **Drugs** | | | | **Lied** | **Missed Responsibility** | | | **Hung Out w/ Risky People** | | **Acted Aggressive** | | **Skills** | **Reinforce** | |
| 0-5 | 0-5 | 0-5 | 0-5 | 0-5 | | 0-5 | | # | What? | | | # | What? | | | # | Y/N | | | Y/N | | Y/N | | 0-7 | Y/N | |
| **MON** |  |  |  |  |  | |  | |  |  | | |  |  | | |  |  | | |  | |  | |  |  | |
| **TUE** |  |  |  |  |  | |  | |  |  | | |  |  | | |  |  | | |  | |  | |  |  | |
| **WED** |  |  |  |  |  | |  | |  |  | | |  |  | | |  |  | | |  | |  | |  |  | |
| **THUR** |  |  |  |  |  | |  | |  |  | | |  |  | | |  |  | | |  | |  | |  |  | |
| **FRI** |  |  |  |  |  | |  | |  |  | | |  |  | | |  |  | | |  | |  | |  |  | |
| **SAT** |  |  |  |  |  | |  | |  |  | | |  |  | | |  |  | | |  | |  | |  |  | |
| **SUN** |  |  |  |  |  | |  | |  |  | | |  |  | | |  |  | | |  | |  | |  |  | |
|  | **URGES** 0 (no urges at all) to 5 (the strongest, most intense urges possible)  If experienced multiple urges in a day, rate the most intense urge | | | 0 (not at all) to 5 (totally and completely) | | | | | **#** = Number used on this day **Drugs** = street/illicit drugs, prescription meds, and over-the-counter meds | | | | | | | | **Lying** = misleading others/masking the truth, on purpose  **Responsibility** = something like a court session or work  **Risky people** = someone with a criminal record or who uses drugs  **Aggressive** = ex. swearing at, threatening, or hitting someone | | | | **Belief = 0** (not at all) to 5 (totally and completely)  **USED SKILLS** 0 = Not thought about or used  1 = Thought about, not used, didn’t want to 2 = Thought about, not used, wanted to 3 = Tried but couldn’t use them  4 = Tried, could do them but they didn’t help  5 = Tried, could use them, helped 6 = Didn’t try, used them, didn’t help 7 = Didn’t try, used them, helped | | | | | **Progress** = 1 (a lot less) to 5 (a lot more) **Reinforce** = actively rewarded yourself or successfully got others to reward you for effective behavior (ex. skillful behavior, not using drugs) | |
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| **DBT Skills Diary Card** | |  |  |  |  |  |  |  |  |  | **Write x for days skill was practiced** | | |
| **How often you filled out?** | | Daily |  | 4-6x |  | 2-3x |  | Once |  | In session |  |  |  |
| **Day of Week** | | | | | | | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| ***Chains and Missing Links*** | **Chain analysis** (vulnerability factors, prompting event, ABCEF links, target behavior, short-term and long-term consequences to self/environment, repairs) | | | | | |  |  |  |  |  |  |  |
| **Solution analysis** (skills for chain analysis factors) | | | | | |  |  |  |  |  |  |  |
| **Missing links analysis** (Know what to do? Willing to do it? Remembered to do it? If no, problem solve or else do chain analysis) | | | | | |  |  |  |  |  |  |  |
| ***Mindfulness*** | **Wise mind** (balance emotion mind and rational mind) | | | | | |  |  |  |  |  |  |  |
| **Observe** (just notice) | | | | | |  |  |  |  |  |  |  |
| **Describe** (put words on, just the facts) | | | | | |  |  |  |  |  |  |  |
| **Participate** (enter into the experience) | | | | | |  |  |  |  |  |  |  |
| **Non-judgmental** (discernment, letting go of evaluations) | | | | | |  |  |  |  |  |  |  |
| **One-mindful** (present moment) | | | | | |  |  |  |  |  |  |  |
| **Effectiveness** (focus on what works) | | | | | |  |  |  |  |  |  |  |
| **Skillful means** (balance being mind and doing mind) | | | | | |  |  |  |  |  |  |  |
| **Spiritual** activities/notice connections/increase wisdom | | | | | |  |  |  |  |  |  |  |
| **Loving kindness** (self, loved other/thing, someone/thing don't love) | | | | | |  |  |  |  |  |  |  |
| **Middle path** (ex. put in effort but let go of results) | | | | | |  |  |  |  |  |  |  |

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| **Day of Week** | | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| ***Tolerate Distress*** | **TIPP** (temperature, intense exercise, paced breather, progressive muscle relaxation) |  |  |  |  |  |  |  |
| **Pros/cons** (tolerating distress vs. not) |  |  |  |  |  |  |  |
| **STOP** (stop, take a step back, observe, proceed mindfully) |  |  |  |  |  |  |  |
| **Self-soothe** (with the senses) |  |  |  |  |  |  |  |
| **Distract with ACCEPTS** (activities, contribute, compare, emotions, push away, thoughts, sensations) |  |  |  |  |  |  |  |
| **IMPROVE the moment** (imagery, meaning, prayer, relaxation, one-mindful, vacation, encourage) |  |  |  |  |  |  |  |
| **Radical acceptance** (everything has causes so should be how it is, only have to accept past/present) |  |  |  |  |  |  |  |
| **Willingness** (vs. willfulness) |  |  |  |  |  |  |  |
| **Turn the mind** (again and again) |  |  |  |  |  |  |  |
| **Half-smile/willing hands** (Mona Lisa smile, palms up) |  |  |  |  |  |  |  |
| **Mindfulness** of current thoughts/feelings/sensations (just notice without becoming) |  |  |  |  |  |  |  |
| ***Relationships*** | **Figure out/prioritize interpersonal goals** (objective, relationship, self-respect) |  |  |  |  |  |  |  |
| **DEAR MAN** (describe, express, assert, reinforce, mindful-broken record/ignore attacks, appear confident, negotiation) |  |  |  |  |  |  |  |
| **GIVE** (gentle, interested, validate, easy going) |  |  |  |  |  |  |  |
| **FAST** (fair, avoid apologies stick to values, truthful) |  |  |  |  |  |  |  |
| **Finding/getting relationships** (proximity, similarity, chit-chat, joining conversations, mindful of others) |  |  |  |  |  |  |  |
| **Ending destructive relationships** (all IE skills, other skills, safety planning with expert) |  |  |  |  |  |  |  |
| **Dialectical thinking/THINK** (think from others’ POV, have empathy, other interpretations, notice other improvements/struggles, kindness) |  |  |  |  |  |  |  |
| **Validation** (others, self) |  |  |  |  |  |  |  |
| **Changing others/self** (reinforcement, extinction/ignoring, punishment) |  |  |  |  |  |  |  |

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| **Day of Week** | | **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| ***Emotions Regulation*** | **Understand/name emotion** (prompting event, thoughts, biological changes, sensations/urges, body language, actions, after effects) |  |  |  |  |  |  |  |
| **Check the facts** (emotion to change, all evidence for and against, likelihood of happening, severity if happens) |  |  |  |  |  |  |  |
| **Problem solve** (generate potential solutions, pros/cons, implement solution, monitor if worked, try next solution) |  |  |  |  |  |  |  |
| **Opposite action** (all the way opposite to emotion) |  |  |  |  |  |  |  |
| **Accumulate positive emotions-short-term** (pleasant activities) |  |  |  |  |  |  |  |
| **Accumulate positive emotions-long-term** (take steps toward values) |  |  |  |  |  |  |  |
| **Build mastery** (break goals down into steps, make step smaller if don't succeed) |  |  |  |  |  |  |  |
| **Cope ahead** (imagine using skills to solve/cope, then relax) |  |  |  |  |  |  |  |
| **Physical illness** (treat) |  |  |  |  |  |  |  |
| **Eating** (balanced) |  |  |  |  |  |  |  |
| **Avoid alcohol/drugs** (non-prescribed) |  |  |  |  |  |  |  |
| **Exercise** (at least 20 minutes a day) |  |  |  |  |  |  |  |
| **Sleep** (balanced, sleep hygiene, nightmare protocol) |  |  |  |  |  |  |  |
| **Mindfulness** of current thoughts/emotions/sensations (body scan) |  |  |  |  |  |  |  |
| **Troubleshooting** difficulties with emotional regulation |  |  |  |  |  |  |  |

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| **Daily Events and Notes** |  |  |  |  |  |  |  |  |  |  |  |
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| **Practice/Homework for Week Starting:** |  |  |  |  |  |  |  |  |
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| **Practice/Homework Results This Week** |  |  |  |  |  |  |  |  |  |
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