

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# DBT DIARY CARDS

**SUICIDAL IDEATION:**  
 0 = No thoughts  
 1 = Fleeting thoughts  
 2 = More intense  
 3 = Very Intense  
 4 = Developing specific plan  
 5 = Acting on plan

**INTENSITY:**  
 0 = Not at all  
 1 = A bit  
 2 = Somewhat  
 3 = Rather Strong  
 4 = VERY Strong  
 5= EXTREMELY STRONG

T a r g e t s	Date							
	Self Harm	Urge Action						
	Suicidal Ideation	0-5						
	Misery	0-5						
		Urge Action						
		Urge Action						
		Urge Action						
		Urge Action						
E m o t i o n s	Self acceptance	0-5						
	Compassion	0-5						
	Anger	0-5						
	Joy	0-5						
	Shame	0-5						
	Sadness	0-5						
	rthrh	Fear						