DBT Skills Diary

Week beginning:

		Wise Mind	W	T	F	S	S	M	T
Mindfulness	What Skills	Observe: just notice (urge surfing)							
		Describe: put words on; just the facts							
		Participate: enter into the experience							
	How Skills	One mindfully: in the moment							
		Non-judgmentally: just the facts (Don't judge judging, separate facts from interpretations)							
		Effectively: focus on what works							
Interpersonal Skills	3 goals of interpersonal effectiveness	Prioritize among interpersonal goals							
		Consider options for intensity: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect							
		Saying "no" & observing limits							
		Objectives effectiveness: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating)							
		Relationship Effectiveness: GIVE (Gentle, Interested, Validating, Easy manner)							
		Self-respect Effectiveness: FAST (Fair, no Apologies, Stick to values, Truthful)							
Emotional Reg	PLEASE Master	Take care of Physical illness, Balanced Eating, Avoid alcohol / mood altering drugs							
		Balanced Sleeping Balanced Exercise							
		Build Mastery, Cope Ahead							
		Increase positive emotions/events* positive events or valued actions							
		Experience my emotion as a wave (Let it come & go, observe, don't amplify or suppress)							
		Acting opposite to Emotion: Fear=approach, guilt=apologize/ignore, sad=get active, anger=avoid, gentleness & empathy· Emotional urges you want to relearn							
		Practice loving my emotions (step back, experience, accept, don't judge)							
Distress Tolerance	Wise Mind ACCEPTS	Activities* Contribution, Comparison / Count blessings							
		Opposite Emotions (acting opposite)							
		Thoughts (think about something more pleasant)							
		Sensations * Self-soothe with 5 senses*							
	IMPROVE the Moment	Imagery* Meaning* Prayer *Relaxation* One thing in the moment* Vacation							
		Vacation* Encouragement							
		Pros / cons							
		Observe the breath							
		Half-smile							
		Radical Acceptance							

*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 the *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

	Klono-pin	Other escapes	Pain	Sad	Shame	Anger	Fear	Mindful		Medi-tate	Mirror	LEB		Lying	Joy	
Day	#		0-5	0-5	0-5	0-5	0-5	I/F		Y/N	Y/N			#	0-5	
Wed																
Thurs																
Fri																
Sat																
Sun																
Mon																
Tues																