


DBT Informed Therapy Skills Work Diary Card								Initials:		Date Started:				
Day of the Week	Highest Urge To:				Highest Rating			Substances				DBT	Other	
	Take Life	Self-Harm	Harm other	Use Drugs	Emotion misery	Physical misery	Joy	Alcohol	Illicit Drugs	Meds Prescribed	Over counter/ remedies	Skills *		
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	WHAT?	Y/N	WHAT?	0-7		
MON														
TUES														
WEDS														
THURS														
FRI														
SAT														
SUN														

<b>Notes:</b>          <b>Rutland House Counselling &amp; Psychotherapy Ltd</b> <a href="http://www.rhcp.org.uk">www.rhcp.org.uk</a>	<b>*Skills 0-7</b> 0 = Not thought about, not 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 didn't help 5 = Tried, could use them, helped 6 = used them, didn't have to try but didn't help 7 = used them, didn't have to try, did help	 <b>Rutland House</b> Counselling & Psychotherapy	<b>Urge To:</b> Coming into Session (0-5)
	Quit Therapy		
	Use Drugs		
	Take Life		

DBT SKILLS PRACTICE RECORD							
MON	TUES	WEDS	THURS	FRI	SAT	SUN	
							Wise Mind
							Observe & Describe
							Participate
							Non-Judgemental
							One-mindfully
							Effectiveness
							Clarify Interpersonal Goals
							DEAR MAN
							GIVE
							FAST
							Finding and Getting People to Like You
							Ending Relationships
							Validation
							Describe Emotions
							Opposite Action
							Problem Solving
							Accumulate Positive Emotions
							Build Mastery
							PLEASE
							Sleep Hygiene
							STOP
							Pros and Cons
							TIPP
							Distraction / Self Soothe / Improve the moment
							Radical Acceptance
							Willingness + Half Smiling and Willing Hands
							Walking the Middle Path
							Dialectical Abstinence

In the Moment Noticing (Mindfulness)  
 Interpersonal Effectiveness  
 Emotional Regulation  
 Distress Tolerance  
 Dialectics