DBT Diary Card

Oct 17, 2026 – Oct 21, 2026

Name: Poin

Day	Emotions (0–5)	Urges (0–5)	Behaviors	Skills Used	Notes
Sat Oct 17	Fear: 5 Misery: 5 Sadness: 3 Physical Misery: 3 Guilt: 3 Joy: 2 Shame: 2 Anger: 1	Use Substances: 4 Self-Harm: 2 Suicide: 2 Quit Therapy: 2	↓ Self-Harm (5) ↑ Exercise (2) ↓ Substance Use (2) ↓ Isolation (1) ↓ Avoidance (3)	Mindful: Wise Mind(5), Observe(3)	–
Sun Oct 18	Misery: 5 Guilt: 4 Shame: 3 Anger: 3 Joy: 2 Physical Misery: 2 Sadness: 1 Fear: 1	Self-Harm: 3 Quit Therapy: 3 Suicide: 2 Use Substances: 2	–	Mindful: One-Mindfully(5), Describe(5), Wise Mind(4), Non-Judgmentally(3), Effectively(3), Observe(2), Participate(2) IE: Validation(5), FAST(4), DEAR MAN(3), Strategies to Change Behavior(3), Walking the Middle Path(2), GIVE(1)	–
Mon Oct 19	Shame: 5 Guilt: 4 Anger: 4 Joy: 3 Sadness: 2 Fear: 2 Misery: 2 Physical Misery: 1	Use Substances: 4 Quit Therapy: 3 Suicide: 2 Self-Harm: 2	↓ Self-Harm (1) ↑ Exercise (3) ↑ Reach Out to Others (1) ↓ Substance Use (2) ↑ Self-Care (4) ↓ Isolation (3) ↑ Pleasant Activity (5) ↓ Avoidance (4)	Mindful: Wise Mind(5), Participate(4), Describe(4), Observe(3), Non-Judgmentally(3), Effectively(2), One-Mindfully(1) DT: Self-Soothe with Five Senses(5), Radical Acceptance(4), IMPROVE the Moment(4), Distract (Wise Mind ACCEPTS)(4), TIPP(3), Pros and Cons(2), Half-Smiling & Willing Hands(2), Willingness & Mindfulness of Current Thoughts(1), STOP(1) ER: Build Mastery(5), Accumulate Positive	–
Tue Oct 20	Misery: 5 Anger: 4 Fear: 3 Physical Misery: 2 Shame: 2 Sadness: 2 Guilt: 2 Joy: 2	Self-Harm: 5 Quit Therapy: 5 Use Substances: 3 Suicide: 2	↑ Exercise (3) ↓ Self-Harm (3) ↓ Substance Use (5) ↑ Reach Out to Others (3) ↓ Isolation (2) ↑ Self-Care (3) ↓ Avoidance (1) ↑ Pleasant Activity (5)	Mindful: Participate(5), Effectively(5), Wise Mind(4), Describe(3), One-Mindfully(2), Non-Judgmentally(2), Observe(2) DT: Radical Acceptance(5), Pros and Cons(5), Self-Soothe with Five Senses(4), TIPP(3), Distract (Wise Mind ACCEPTS)(3), Half-Smiling & Willing Hands(3), IMPROVE the Moment(3), Willingness & Mindfulness of Current Thoughts(2), STOP(1) ER: Build Mastery(4), Check the Facts(4), Mindfulness of Current Emotion(4), Problem	Feeling ok

DBT Diary Card (continued)

Day	Emotions (0–5)	Urges (0–5)	Behaviors	Skills Used	Notes
Wed Oct 21	**Joy**: 5 **Sadness**: 4 **Fear**: 3 **Anger**: 3 **Misery**: 2 **Shame**: 2 **Guilt**: 2 **Physical Misery**: 1	**Quit Therapy**: 3 **Use Substances**: 1 **Suicide**: 1 **Self-Harm**: 1	↑ Exercise (4) ↓ Self-Harm (1) ↓ Substance Use (1) ↑ Reach Out to Others (2) ↓ Isolation (3) ↑ Self-Care (5) ↓ Avoidance (2) ↑ Pleasant Activity (2)	**Mindful:** Participate(5), Wise Mind(5), One-Mindfully(4), Non-Judgmentally(3), Describe(3), Observe(2), Effectively(1) **DT:** IMPROVE the Moment(5), Self-Soothe with Five Senses(4), Distract (Wise Mind ACCEPTS)(3), TIPP(3), Willingness & Mindfulness of Current Thoughts(3), Pros and Cons(2), Radical Acceptance(2), STOP(1), Half-Smiling & Willing Hands(1) **ER:** Problem Solving(5), Accumulate Positive Emotions(4), Opposite Action(4), Mindfulness	Feeling better today

Daily Notes

Tuesday, Oct 20

Feeling ok

Wednesday, Oct 21

Feeling better today