

## Skills in Action DBT Diary Card (page 1 of 3)

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Below you will find a simplified version of the DBT diary card. Each DBT skill has been described by how it would present in action. Take a moment to reflect on the previous day and **mark each box** for any healthy coping DBT skills you employed at least once during that day. Continue using the card to help increase insight about the rest of your week.

DBT Skills in Action	MON	TUE	WED	THU	FRI	SAT	SUN
1. Wise mind (having both reason and emotion in your thinking)							
2. Observe: notice unhealthy urges rise and fall (riding the urge wave)							
3. Describe: experiences and feelings (to yourself or others)							
4. Participate in opportunities (social or otherwise)							
5. Remain non-judgmental of the self (thinking about and speaking to yourself kindly)							
6. Remain mindful and in the moment							
7. Build positive experiences by saying yes to opportunities							
8. Self-soothe with skills of your choice (such as prayer, meditation, exercise, journaling, breath skills)							
9. Weigh pros and cons in decision making							
10. Practice radical acceptance: notice pain without resisting it							

## Skills in Action DBT Diary Card (page 2 of 3)

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DBT Skills in action continued...

DBT Skills in Action	MON	TUE	WED	THU	FRI	SAT	SUN
11. Building structure in your work							
12. Building structure in your relationships							
13. Building structure with your time							
14. Building structure in your physical space							
15. Use a self-compassionate tone when thinking or speaking							
16. Recognize failings as room to grown (growth mindset)							
17. Express your needs							
18. Set a boundary (with yourself or others)							

Keeping a diary helps you improve emotion regulation, reduce the prevalence of suicidal thoughts and manage mental health symptoms. Tracking symptoms day to day can help you recognize triggers, as well as provide awareness of what skills help you better control them.

For the next page, identify any difficult emotions, suicidal thoughts, or self-harm behaviors you engaged in this past week. Using the chart [rate where on the scale](#) your thoughts/actions were and whether you employed any of the previously mentioned DBT skills to support yourself. You can use this card for personal reflection or share it with a support person or mental health provider.

# Skills in Action DBT Diary Card (page 3 of 3)

0 = no thoughts  
 1 = fleeting thoughts once or twice  
 2 = thoughts throughout the day

3 = throughout the day with a plan  
 4 = made steps to enact thoughts  
 5 = attempted but stopped myself

THOUGHTS/ACTIONS		MON	TUE	WED	THU	FRI	SAT	SUN
URGES (0-5)	Suicidal							
	Self-harm							
EMOTIONS (0-2)	Pain							
	Sadness							
	Shame							
	Anger							
	Fear							
	Disgust							
	Envy							
	Jealousy							
	Guilt							
ACTIONS	Lying ( none/sometimes/often )							
	0 = didn't think about 1 = thought about but didn't use 2 = tried but couldn't use them				3 = used them but didn't help 4 = used them and it helped			
	Skills ( 0-4 )							