DBT for children Diary Card				Name:				How often did you fill out this form?  daily 3-4 times/week once/week			<b>Week started:</b> Date//			
	Highest Urge To:			Feelings					Ineffective behaviors				Effective behaviors	
Day Of	Suicide	Self Harm		Sadness	Anger	Shame	Fear	Happiness	Aggress behav	Talking back	Verbal aggress	Destruct behaviors	Skills practice	
Week	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	#	#	#	#	· √	V
Put *if u	rge was f	ollowed by	Enter the highest rating per day				Indicate number of behaviors per day							

## Definitions of ineffective behaviors:

Aggressive behaviors: toward people - hitting, pulling hair, spitting, grabbing, pulling, scratching, throwing objects with an intent to hit a person Talking back: disrespectful, dismissive, sassy comments, swearing

Verbal aggression: threatening, screaming, yelling

Destructive behaviors - towards objects - hitting, breaking, smashing, ripping apart

Definitions of Effective Behaviors (e.g., ignoring when provoked, walking away, doing assigned chores, doing homework, brushing teeth, cleaning room, going to school)

DBT Skills Diary Card					Circl	e days :	skill was	practiced			
Mindfulness	MON	TUE	WED	THUR	FRI	SAT	SUN	1. Breathing (take deep and slow breaths, count your breaths, continue breathing until calm)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	2. Half smile and willing hands (half smile, willing hands)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	3. Observe (just notice, don't' push away, don't change, don't put into words)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	4. Describe (put words on what you observe, stick to facts)			
ndfu	MON	TUE	WED	THUR	FRI	SAT	SUN	5. Participate (enter into the experience fully)			
Mi	MON	TUE	WED	THUR	FRI	SAT	SUN	6. Don't Judge (avoid "bad", "should", "stupid"; use "useful/not useful," "helpful/not helpful")			
	MON	TUE	WED	THUR	FRI	SAT	SUN	7. Stay focused (stay in the present moment, no past, no future, one thing at a time)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	8. Do What Works (focus on what works, play by the rules, even if you do not like it)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	9. Wise Mind (consider both your thoughts and feelings, relax your muscles, focus on the			
	MON	TUE	WED	THUR	FRI	SAT	SUN	center of your body, start breathing and ask your wise mind a question, wait for an answer)  10. STOP skill (Stop, Take a step back, Observe, Proceed mindfully)			
ooi	MON	TUE	WED	THUR	FRI	SAT	SUN	11. Willingness (listen to wise mind, focus on what works, say "yes" to every moment)			
Distress Tolerance	MON	TUE	WED	THUR	FRI	SAT	SUN	12. DISTRACT (Do something else, Imagine, Stop thinking about it, Think something			
ss Tc	MON	TUE	WED	THUR	FRI	SAT	SUN	else, Remind, Ask, Contribute, Take a break  13. TIP skill (Tense and release, Intense sensations, Paced breathing)			
istre		TUE	WED	THUR	FRI	SAT	SUN	,,			
D						_		14. Self-sooth (Vision Hearing, Smell, Taste, Touch)			
	MON		WED	THUR	FRI	SAT	SUN	15. Pros and Cons (consider the positive and negative outcomes of you decision)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	16. Letting It Go (notice your are fighting reality, think of reasons this happened, take a deep breath in, do willing hands and half-smile, say "Oh well," notice there is always another day)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	17. Surfing Your Emotion (don't' distract, don't make the feeling worse with thoughts, focus on sensations in your body, notice feelings like a wave, notice your feeling and urges going away)			
ion atior	MON	TUE	WED	THUR	FRI	SAT	SUN	18. Opposite Action (act opposite to your action urge if it doesn't fit the situation)			
Emotion Regulation	MON	TUE	WED	THUR	FRI	SAT	SUN	19. PLEASE (Physical health, Eat healthy, Avoid drug/alcohol, Sleep well, Exercise			
	MON	TUE	WED	THUR	FRI	SAT	SUN	20. LAUGH ( Let go of worries, Apply yourself, Use skills ahead of time, Goals, Have fun			
Interpersonal Effectiveness	MON	TUE	WED	THUR	FRI	SAT	SUN	21. Cheerleading (say "I can do it" to help you start a hard task or deal with a problem)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	22. Challenge worry thoughts			
	MON	TUE	WED	THUR	FRI	SAT	SUN	23. DEAR (Describe, Express, Ask, Reward)			
	MON	TUE	WED	THUR	FRI	SAT	SUN	24. FRIEND (Fair, Respect, Interested, Easy manner, Negotiate, Direct)			