

DBT DAILY JOURNAL CARD

Date _____

DAY: MON TUE WED THU FRI SAT SUN

DAILY TRACKING

METRIC	SCORE / CIRCLE
Rx	Y N
SI (Y/N)	<input type="checkbox"/> Y N
SIB (Y/N)	<input type="checkbox"/> Y N
TIB (Y/N)	<input type="checkbox"/> Y N

METRIC	OVERALL / PEAK
ANG — Anger (0–10)	OVR <input type="checkbox"/> PK <input type="checkbox"/>
DEP — Depression (0–10)	OVR <input type="checkbox"/> PK <input type="checkbox"/>
ANX — Anxiety (0–10)	OVR <input type="checkbox"/> PK <input type="checkbox"/>

Y = engaged in behavior | N = thought about, did not engage

METRIC	VALUE
Energy (0–10)	
Sleep (hrs)	
BM	
BPE	

Tracking comments: _____

SKILLS USED TODAY

MINDFULNESS

- MI** Mindfulness (category & skill)
- WM** Wise Mind — balance emotion & reason
- OB** Observe — just notice experience
- DE** Describe — put words on experience
- PA** Participate — fully enter experience
- NJS** Nonjudgmental Stance
- OM** One-Mindfully — one thing at a time
- EF** Effectiveness — focus on what works
- TM** Teflon Mind — let thoughts pass

EMOTION REGULATION

- PL PLEASSED** — physical health
 - Eat balanced meals
 - Avoid drugs & alcohol
 - Sleep 7–10 hrs
 - Exercise 20 min, 3–5x/wk
- BM** Build Mastery — feel competent & in control
- BPE** Build Positive Experience
- A2R** Attend to Relationships
- A2A** Attend to Animals
- MM** Mood Momentum — balanced behaviors
- O2E** Opposite to Emotion — act opposite
- MPE** Mindful of Positive Experiences

DISTRESS TOLERANCE

- ACCEPTS** Distract from distress
 - AC Activities
 - CON Contributing
 - COM Comparisons
 - EM Emotions (generate other)
 - PA Push Away
 - T Thoughts
 - S Sensations
- SS** Self-Soothe — relax through senses
- ITM IMPROVE** the Moment
 - IM Imagery
 - ME Meaning
 - PR Prayer
 - RE Relaxation
 - OTAT One Thing at a Time
 - V Vacation (brief break)
 - EN Encouragement (coach yourself)
- P&C** Pros & Cons
- GY** Grounding Yourself
- DB** Diaphragmatic Breathing
- TTM** Turning the Mind
- RA** Radical Acceptance — acknowledge "what is"
- EA** Everyday Acceptance
- WI** Willingness — remove barriers
- US** Urge Surfing — ride urges without reacting
- BB** Bridge Burning — remove access to harmful means

INTERPERSONAL EFFECTIVENESS

- FAST** Self-respect effectiveness
 - F Fair — NJS with self & others
 - A Apologies Not Needed
 - S Stick to Values
 - T Truth & Accountability
- GIVE** Relationship effectiveness
 - G Genuine
 - I Interested — listen & connect
 - V Validate — acknowledge feelings
 - E Easy Manner — kind & relaxed
- DEAR MAN (DM)** Objective effectiveness
 - D Describe E Express A Assert R Reward
 - M Mindful A Appear Confident N Negotiate
- BO** Build Objectives

Skills notes — what worked / barriers: _____

DBT DAILY JOURNAL CARD – CONTINUED

PROGRAM GOALS

SAF Safety — Identify & practice two skills to keep me safe. Report progress and barriers.

Skill 1 Skill 2

Progress / barriers: _____

I.E. Interpersonal Effectiveness — Identify at least one I.E. practice today. Report what you contributed and any barriers.

What I practiced

Barriers / notes: _____

MI/7 Mindfulness — Practice daily, report as X/7. Thursday is the final day of the week (e.g., every day = 7/7 on Thu).

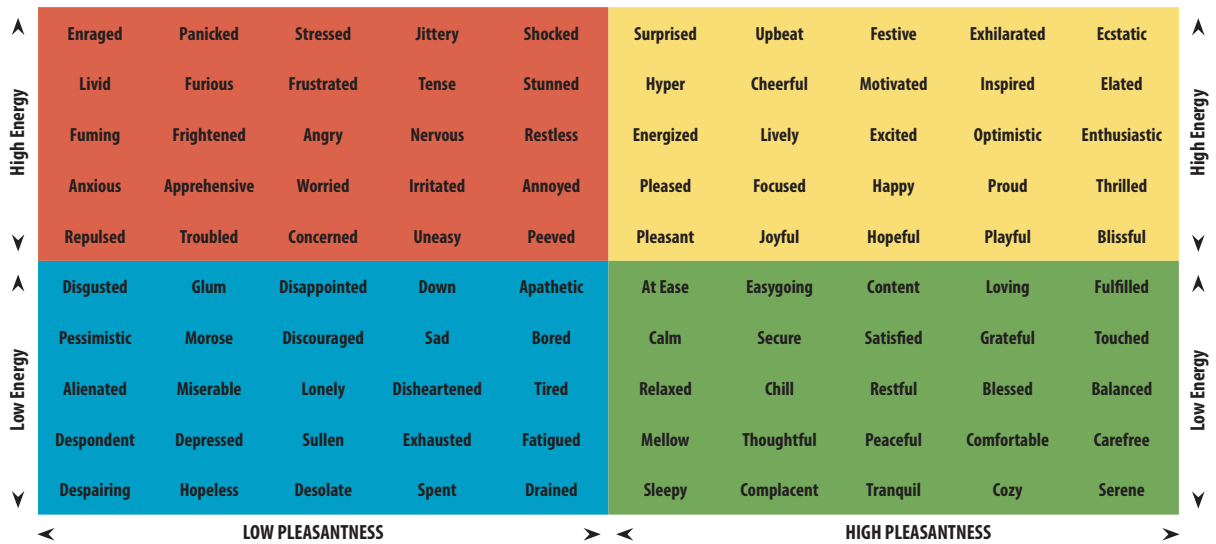
Count: /7 Practice notes: _____

DAILY JOURNAL

Stressors _____

Feelings _____

MOOD METER · CIRCLE WHAT FITS



Gratitude _____

DAILY GOAL

What & how: _____

TIME & GROUP FEEDBACK

TIME this session: Y N

What I want from group today (check all that apply):

- Validation Skill recommendations General feedback DEAR MAN practice Plan Ahead Pros & Cons Other: _____

Describe / elaborate: _____

FOCUS CHECK-IN

How am I showing up today? _____

What is most activated / on my mind right now? _____

One thing I did well today _____

