DBT Diary Card

Fill in one row each evening. Rate each emotion and urge from 0 (not at all) to 5 (as strong as it gets). Write the emotions and urges you track with your therapist at the top of each column.

Name _____ Week of _____

Day	Emotion (0–5) _____	Emotion (0–5) _____	Emotion (0–5) _____	Emotion (0–5) _____	Urge (0–5) _____	Urge (0–5) _____	Urge (0–5) _____	Acted on an urge? Which?	Skills used	What happened / notes
Mon										
Tue										
Wed										
Thu										
Fri										
Sat										
Sun										

Mindfulness: Wise Mind, Observe, Describe, Participate, Nonjudgmental, One-mindfully, Effectively. **Distress tolerance:** STOP, TIPP, Pros and cons, ACCEPTS, Self-soothe, IMPROVE, Radical acceptance. **Emotion regulation:** Check the facts, Opposite action, Problem solving, Accumulate positives, Build mastery, Cope ahead, PLEASE. **Interpersonal:** DEAR MAN, GIVE, FAST.

Free from DBT Pal (dbtpal.app). For learning and practice between sessions; not a substitute for therapy or crisis support. In the US, call or text 988 in a crisis.

DBT Pal is this diary card on your phone: rate each emotion and urge 0–5, tick your skills, and export the week as a PDF for your therapist. Free for iPhone and Android: dbtpal.app/get?c=pdf-diary-card