Your DBT diary card, on your phone

Your therapist may ask you to fill in a diary card each day between sessions. DBT Pal is a free app that keeps it on your phone, so it's with you when things happen.

Each day, in about a minute

- Rate each urge and emotion from 0 (not at all) to 5 (as strong as it gets).
- Tick the DBT skills you used. Each one has a one-line reminder of how it works.
- Add a short note if something matters for your next session.

Getting started

- Scan the code at the bottom with your phone's camera, or search for DBT Pal in the App Store or Google Play.
- Open it. There's no account to create.
- Tap Manage on the diary card to show the urges and emotions you track with your therapist. You can add up to 3 of your own for free.
- Set a daily reminder for the time you'll fill it in.

Bringing it to session

Export any week as a one-page PDF diary card to print or share. The PDF is free without notes; including your notes is part of Premium.

Private by design

Your entries are stored on your phone, and there's no account. On iPhone you can back them up to your own iCloud. The app counts anonymous usage, never what you write in your diary. If you use the Premium AI Coach, your messages to it are sent to an AI service to reply.

What's free

The diary card, the weekly PDF without notes, your Safety Plan, paced breathing, 5-4-3-2-1 grounding, the PLEASE checklist and Check the Facts. Premium adds the AI Coach, AI weekly insights, notes in the PDF and the full meditation library.

Notes from my therapist

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.

Scan to get DBT Pal. Free for iPhone and Android: dbtpal.app/get?c=pdf-client-handout