

My DBT Skills record.							Initials/Patient#: _____ Primary Counselor: _____		How often did you fill out? ___ daily ___ 2-3x ___ once				
							Date Range: _____						
Day	Anger/ Agitation	Anxiety	Sadness	Fear	Loneliness and/or Boredom	Joy	Connection	Self-Harm Urges	Self-Harm Action?	Suicidal Ideation?	Suicidal Action?	Skill Practice:	Notes:
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	Y/N	0-5	Y/N	0-5	
Mon													
Tues													
Wed													
Thurs													
Fri													
Sat													
Sun													

RATING SCALE FOR EMOTIONS AND SELF-HARM URGES:
0 = none 1 = minimal 2 = mild 3 = moderate 4 = strong 5 = intense

USED SKILLS:	0 = Didn't think about using	3 = Used them but didn't help	
	1 = Thought about using, but didn't want to use	4 = Used them, helped	Urge to quit individual counseling (0-5) ____
	2 = Thought about using, wanted to use, but didn't	5 = Didn't need them, but practiced	Urge to quit group counseling (0-5) ____

Skills Diary

Instructions: Circle the days you worked on each skill			How often did you use staff consult? ___ daily ___ 2-3x ___ once ___ none						
Core Mindfulness	1.	Wise mind/Clear Mind: balance mind states	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	2.	Observe: just notice	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	3.	Describe: put words on	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	4.	Participate: enter into the experience	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	5.	Nonjudgmental stance	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	6.	One-mindfully: in-the-moment	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	7.	Effectiveness: focus on what works	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Distress Tolerance	8.	Self-Soothing with Senses (SID)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	9.	IMPROVE the moment (SID)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	10.	Distractions (SID)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	11.	Accepting reality (e.g., half-smile; breathing, willing hands)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	12.	Urge Surfing	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	13.	STOP	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	14.	TIP	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	15.	Willingness Vs. Willfulness	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Emotion Regulation	14.	Reduce vulnerability: be STRONG	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	15.	Challenge interpretation: Observe & Describe	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	16.	Build mastery	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	17.	Build positive emotional experiences	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	18.	Opposite-to-emotion action	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Interpersonal Effectiveness	21.	Gentle Start-Up vs. Harsh Start-Up	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	22.	Validating Others	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	23.	Turning Toward Actions	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	24.	DEAR MAN (Objectives Effectiveness)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	25.	GIVE (Relationship Effectiveness)	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	26.	FAST (Self-Respect Effectiveness)	Mon	Tues	Wed	Thur	Fri	Sat	Sun