

### Dialectical Behavior Therapy Diary

For items marked with a \* , briefly describe what you did in the "Specifics" column

Core Skills	Coping Strategies	Mon	Tue	Wed	Thur	Fri	Weekend	* Specifics
Distress Tolerance	Stopped Self Destructive Action							
	Used Radical Acceptance							
	Distracted From Pain							
	Engaged in Pleasurable Activities *							
	Soothed Myself							
	Practiced Relaxation							
	Committed to Valued Action *							
	Connected with My Higher Power							
	Used Coping Thoughts *							
	Used Coping Strategies *							
Mindfulness	Practiced Mindfulness							
	Used Wise Mind							
	Practiced Beginner's Mind							
	Completed a Task Mindfully							
Emotion Regulation	Dealt with Physical Pain *							
	Ate in a Balanced Way							
	Didn't Use Drugs or Alcohol							
	Got Sufficient Sleep							
	Exercised							
	Experienced Positive Events *							
	Let Go of Thoughts or Judgements							
	Watched and Named Emotions							
	Didn't Act on Emotions							
	Used Opposite Action							
	Used Problem Solving							
	Made an Assertive Request							
Interpersonal Effectiveness	Said No Assertively							
	Negotiated Agreements							
	Listened to and Understood Others							
	Validated Others							
Rate Your Overall Mood for the Day ( 0 to 10 )								