



Wise Minds

Diary Card

Name:

Date:

Day	Self-harm		Suicidal		Meds	Target Behaviors		Emotions							Skills	Events	Positives		
	Urge	Actions	Thoughts	Actions	Taken as Prescribed			Anger	Fear	Happy	Anxious	Sad	Shame	Misery					
	0-5	Y/N	0-5	Y/N	Y/N	Y/N	Y/N	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-7				
Rating scale for emotions and urges (above): 0 = Not at all 3 = Rather strong 1 = A bit 4 = Very strong 2 = Somewhat 5 = Extremely strong								Used Skills 0 = Not thought about or used 1 = Thought about, not used, didn't want to 2 = Thought about, not used, wanted to 3 = Tried but couldn't use them					4 = Tried, could do them, but they didn't help 5 = Tried, could use them, helped 6 = Didn't try, used them, didn't help 7 = Didn't try, used them, helped						

www.wisemindsdbt.com

Adapted from *Dialectical Behavior Therapy with Suicidal Adolescents* by Miller, Rathus & Linehan, 2007