

DBT Diary Card

Track briefly, then review at the start of session.

Target behaviours and urges

Emotion peak 0-5

Skill used

Session review point

Behaviour Chain Analysis

Use after a specific target behaviour, not as a whole-week narrative.

Prompting event

Vulnerability factors

Links in the chain

Repair skill and next step

Distress-Tolerance Plan

Rehearse before arousal narrows choice.

Warning signs

First ten-minute skill plan

Remove from reach

Contact and escalation point

DEAR MAN Planner

Plan and rehearse one real conversation before assigning it.

Describe and Express

Assert and Reinforce

Mindful and Appear confident

Negotiate fallback
