

DBT DIARY CARD REVIEW

Diary Card Analysis Report

A fictional week of entries: noticing patterns, recognizing effort, and choosing what to explore together.

WHAT THIS EXAMPLE SHOWS

A difficult conversation was followed by stronger anxiety and an urge to send repeated messages. The fictional entry records a pause and one clear request instead. This is something to explore together, not proof of why a change happened.

DAYS RECORDED	HIGHEST RECORDED URGE	REPEATED MESSAGES	SKILLS TO DISCUSS
6 / 7	8 / 10	0	3

EMOTIONS ACROSS THE WEEK · RATINGS 0-10

Emotion	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sadness	3	5	7	-	4	3	2
Anxiety	4	6	8	-	5	4	3
Shame	2	4	6	-	3	2	2
Joy	6	5	3	-	5	6	7

A blank day is missing information, not a zero rating or a failure. These invented values demonstrate the report format; they are not a diagnostic scale.

QUESTIONS FOR THE NEXT CONVERSATION

- What came before the difficult moment?

Explore the situation, sleep, thoughts, and physical cues.
- What helped create a pause?

Review the skill, available support, and what the person noticed.

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Skills, strengths, and a next step

A fictional example of how diary-card observations can become a focused conversation and a practical plan.

SKILLS WE WOULD EXPLORE TOGETHER**Mindfulness**

Notice the urge and describe what is happening before responding.

Distress tolerance

Pause and use an agreed skill to get through the moment.

Interpersonal effectiveness

Make one clear request while protecting self-respect.

EFFORT WORTH RECOGNIZING

The fictional entries describe returning to the diary after a missed day, noticing an urge, and practising a different response. Small, specific observations give us something useful to discuss.

WHAT NEEDS MORE CONTEXT

A diary cannot tell the whole story. We would ask what was happening, how ratings were understood, and whether the apparent pattern matches the person's experience.

A FOCUSED PRACTICE PLAN**01 Keep recording manageable**

Record the agreed essentials. A brief entry is useful; gaps can be discussed without judgement.

02 Practise one selected skill

Choose a skill with the clinician and note what happened when it was used.

03 Bring the result back

Review what helped, what did not, and what to adjust at the next session.

Example only. Diary submissions are not an emergency service or a substitute for an agreed safety plan. Report availability and review arrangements depend on the treatment program.