

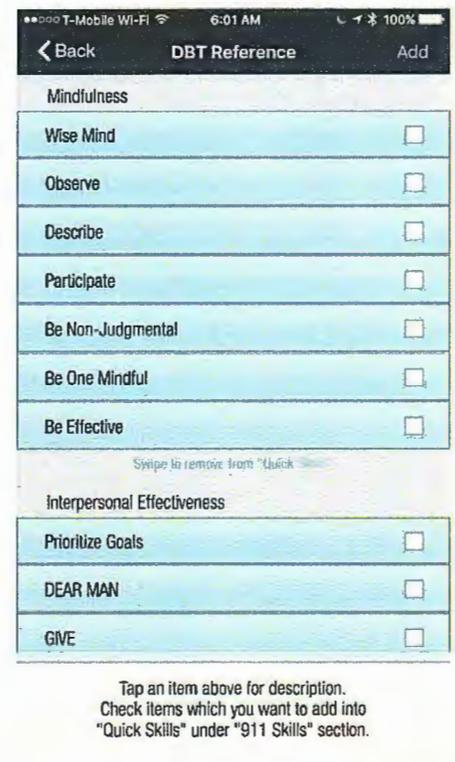
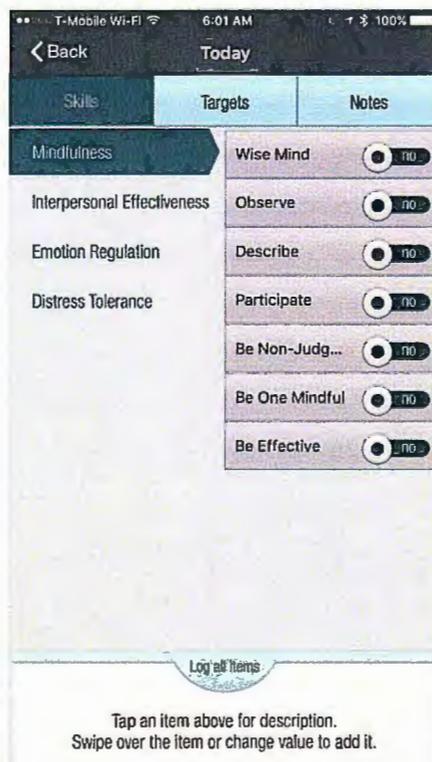
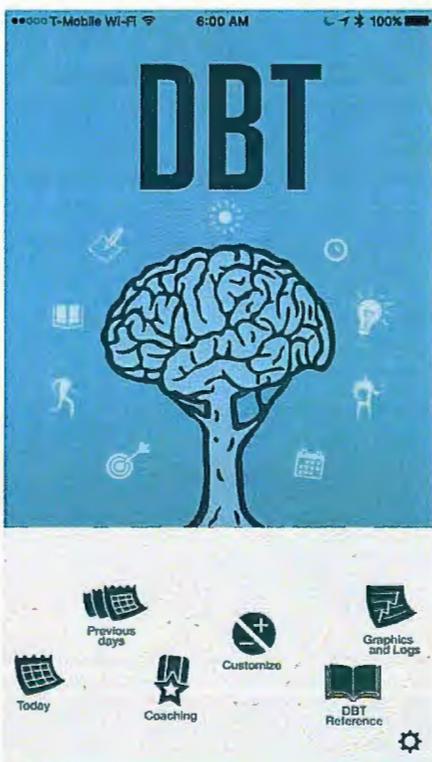
DBT DIARY CARD AND SKILLS COACH (/)

HOME (/)

CONTACT US (/CONTACT/)

DBT Diary Card and Skills Coach is the only DBT app designed by a licensed clinical psychologist.

Use the app to help you be more effective with your current treatment or refresh your skills on your own.



Tap an item above for description. Swipe over the item or change value to add it.

Tap an item above for description. Check items which you want to add into "Quick Skills" under "911 Skills" section.

HOME SCREEN

On this screen, you can access all parts of the app. It's where you launch your daily record keeping, go back to previous days of the week or consult with the DBT reference section to refresh your memory of the skills.

DAILY RECORDS

On this screen, you can enter your skills use to both keep track of and remind yourself about the skills you've used. It's where the majority of the work is done.

DBT REFERENCE

There are a lot of skills to remember in DBT. Use this section to consult with your digital copy of the skills you've learned. You can also remind yourself of behaviors you're trying to address or make some notes to help you track your week.

Need help? Have a look at our documentation (/s/DBT_Doc_v35.pdf).

Interpersonal Effectiveness Skills

Learning to get along with others while also asserting your own needs is essential to healthy relationships. It can be difficult to balance your own needs and the needs of others. How can you get what you need without being aggressive or neglecting of the needs of others? There are three sets of skills you will learn to help achieve this goal: objective effectiveness, relationship effectiveness, and self-respect effectiveness.

Objective Effectiveness (D.E.A.R. M.A.N.)

What is the goal of an interaction? *Objective effectiveness* is about getting what you want out of a situation. The acronym D.E.A.R. M.A.N. will remind you how to clearly express your needs or desires.

- | | |
|------------------|--|
| Describe | Use clear and concrete terms to describe what you want.
<i>Don't say:</i> "Could you please clean?"
<i>Do say:</i> "Could you do the dishes before going to bed?" |
| Express | Let others know how a situation makes you feel by clearly expressing your feelings. Don't expect others to read your mind. Try using this line: " <i>I feel ___ because ___.</i> " |
| Assert | Don't beat around the bush—say what you need to say.
<i>Don't say:</i> "Oh, well, I don't know if I can cook tonight or not."
<i>Do say:</i> "I won't be able to cook because I'm working late." |
| Reinforce | Reward people who respond well, and reinforce why your desired outcome is positive. This can be as simple as a smile and a " <i>thank you</i> ". |
| Mindful | Don't forget the objective of the interaction. It can be easy to get sidetracked into harmful arguments and lose focus. |
| Appear | Appear confident. Consider your posture, tone, eye contact, and body language. |
| Negotiate | No one can have everything they want out of an interaction all the time. Be open to negotiation.
<i>Do say:</i> "If you wash the dishes, I'll put them away." |

Interpersonal Effectiveness Skills

Relationship Effectiveness (G.I.V.E.)

Relationships aren't only about getting what we need—they're also about the other person. The acronym G.I.V.E. will help you achieve *relationship effectiveness* by fostering positive interactions.

- Gentle** Don't attack, threaten or express judgment during your interactions. Accept the occasional "no" for your requests.
- Interested** Show interest by listening to the other person without interrupting.
- Validate** Be outwardly validating to the other person's thoughts and feelings. Acknowledge their feelings, recognize when your requests are demanding, and respect their opinions.
- Easy** Have an easy attitude. Try to smile and act lighthearted.

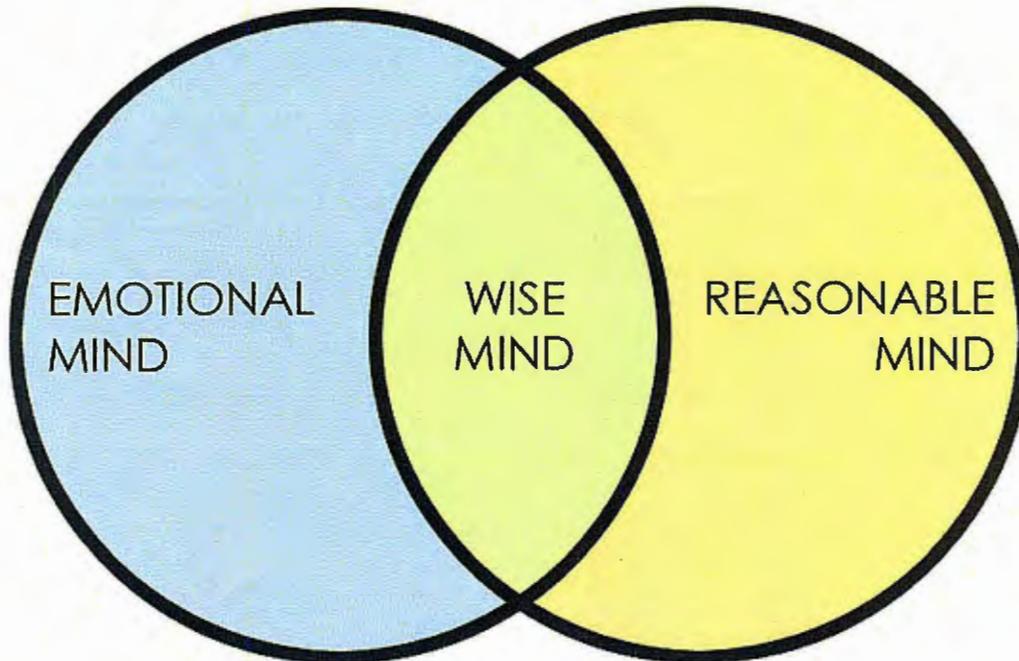
Self-Respect Effectiveness (F.A.S.T.)

Sometimes in relationships you might find yourself betraying your own values and beliefs to receive approval or to get what you want. The acronym F.A.S.T. will help you achieve *self-respect effectiveness*.

- Fair** Be fair. Not only to others, but also to yourself.
- Apologies** Don't apologize unless it's warranted. Don't apologize for making a request, having an opinion, or disagreeing.
- Stick to Values** Don't compromise your values just to be liked or to get what you want. Stand up for what you believe in.
- Truthful** Avoid dishonesty such as exaggeration, acting helpless as a form of manipulation, or outright lying.

The Wise Mind

Your mind has three states: The reasonable mind, the emotional mind, and the wise mind. Everyone possesses each of these states, but most people gravitate toward a specific one most of the time.



A person uses their **reasonable mind** when they approach a situation intellectually. They plan and make decisions based off of fact.

The **wise mind** refers to a balance between the reasonable and emotional halves. They are able to recognize and respect their feelings, while responding to them in a rational manner.

The **emotional mind** is used when feelings control a person's thoughts and behavior. They might act impulsively with little regard for consequences.

Describe an experience you've had with each of the three states of mind.

Reasonable	
Emotional	
Wise	

Emotion Regulation Handout

Changing Emotions by Acting Opposite to the Current Emotion

FEAR

Do what you are afraid of doing....OVER AND OVER AND OVER.
Approach events, places, tasks, activities, people you are afraid of.
Do things to give yourself a sense of CONTROL and MASTERY.
When overwhelmed, make a list of small steps or tasks you can do.
DO the first thing on the list.

GUILT OR SHAME

When guilt or shame is JUSTIFIED (emotion FITS your wise mind values)
Repair the transgression.
Say your sorry, apologize.
Make things better, do something nice for person you offended (or someone else if that is not possible).
Commit to avoiding that mistake in the future.
Accept the consciences gracefully.
Then let it go.

GUILT OR SHAME

When guilt or shame is UNJUSTIFIED (emotion DOES NOT fit your wise mind values)
Do what makes you feel guilty or ashamed....OVER AND OVER AND OVER.
Approach, don't avoid.

SADNESS OR DEPRESSION

Get active, approach, don't avoid.
Do things that make you feel competent and self-confident.

ANGER

Gently avoid the person you are angry with rather than attacking them (Avoid thinking about him or her rather than ruminating).
Do something nice rather than mean or attacking.
Imagine sympathy and empathy for other person rather than blame.