

DBT Journal

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Name:

Date:

Mindfulness-check in

Current emotions I'm experiencing:

Physical sensations in my body:

Thoughts in my mind:

One thing I can...

See:

Hear:

Feel:

Smell:

Taste:

Interpersonal effectiveness

What are the important interactions I had today?

How I practiced DEAR MAN skills:

Describe:

Express:

Assert:

Reinforce:

Mindful:

Appear confident:

Negotiate:

What worked well?

What would I like to improve?

Emotion regulation

Emotions I experienced today:

Emotion #1:

Intensity:

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

Emotion #2:

Intensity:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ 9
 - ☐ 10
-

Emotion #3:

Intensity:

- ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ 9
 - ☐ 10
-

What are the prompting events for these emotions?

What actions did I take to regulate?

What self-care activities did I do today?

Distress tolerance

What difficult situation/s did I face today?

How did I respond to these situation/s?

What self-soothing techniques did I use?

What strategies helped me respond to these?

Reflection

What I learned today:

One thing I'm proud of:

Tomorrow, I will: