

DBT Journal

Patient Information

Name:

Date of Birth:

Diagnosis/Concerns:

Therapist/Care Team:

Session/Visit Date:

Objective

Daily Prompts:

1. **Mindfulness:** Reflect on a moment today where you applied mindfulness. What did you observe, and how did it impact your emotions?
2. **Interpersonal Effectiveness:** Describe a recent interpersonal interaction. How did you assert your needs effectively, and what were the outcomes?
3. **Emotion Regulation:** Identify a challenging emotion you experienced today. What coping strategies did you employ, and how effective were they?
4. **Distress Tolerance:** Recall a situation causing distress. Outline the steps you took to tolerate the distress without engaging in harmful behaviors.

Skill Application

Progress and Reflection

Challenges and Solutions

Therapist/Care Team Notes

Next Steps