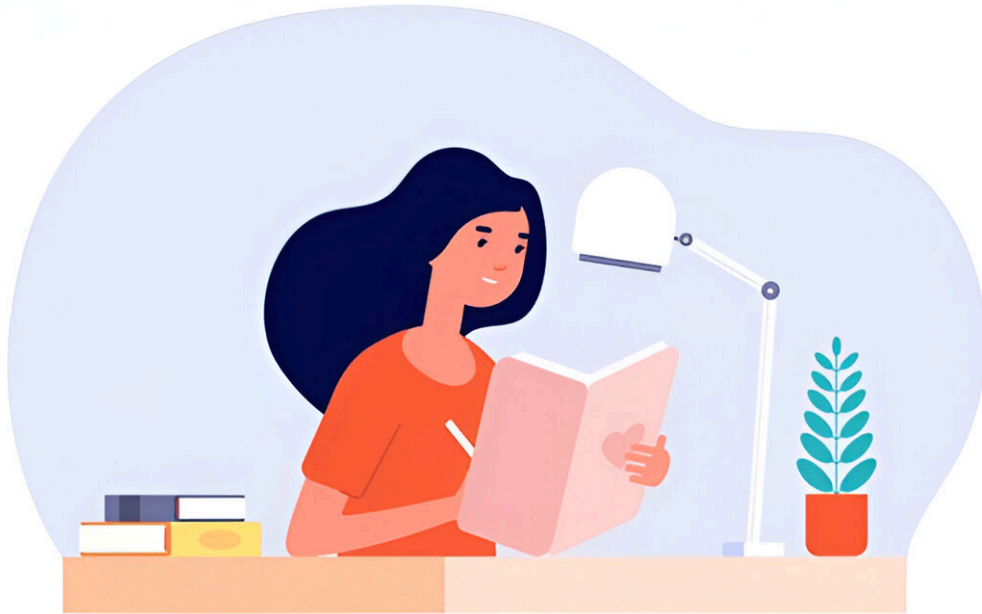


# DBT Journal

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:**

<b>1.</b>	Intensity (1, lowest - 10, highest):
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<b>2.</b>	Intensity (1, lowest - 10, highest):
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<b>3.</b>	Intensity (1, lowest - 10, highest):
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**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:**