

DIARY CARD Name: _____

Date started: _____

Completed: ___ daily
 ___ 4-6x
 ___ 1-3x

Date																		Used skills
Mon																		
Tues																		
Wed																		
Thur																		
Fri																		
Sat																		
Sun																		

Before session After session

Urges to quit therapy _____ _____
 Urges to self-harm _____ _____
 Urges to drink/use _____ _____

- 1=Not thought about or used
- 2=Thought about, not used, didn't want to
- 3=Thought about, not used, wanted to
- 4=Tried, but couldn't use them
- 5=Tried, could use them but they didn't help
- 6=Tried, could use them, helped
- 7=Didn't try, used them, they didn't help
- 8=Didn't try, used them, helped