	Target Behavior Urges / Actions (Problem or Solution)					Rate Intensity of Emotion: 0 – 5. 0 = no experience of emotion. 5 = Red Zone, intense, dysregulated level of emotion.									Self-Care (PLEASE)				iE)	Monthly DBT Diary Card ²⁰¹⁵ jmaderlmft@gmail.com	
Day of Month:							Anxiety • Fear	Irritability • Anger	Shame - Guilt	Sad • Depressed	0	Normal mood	Kindness - Love	Happiness • Joy	Physical Illness • Pain	Alc, MJ or #	Sleep # of hours	Exercise # min.	Meals / Snacks #	Medications	Do something each day to help yourself feel competent, in self-control and moving toward your goals. Can include using a selected DBT Skill (see back page).
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