

Radically Open

RO-DBT Diary Card

Initials/Name

ID #

Major OC Theme
this Week:

Filled out in
session: Y/N

Started Card:

Date ____/____/____

How often did you fill out this
side?

___ Daily ___ 2-3x
___ 4-6x ___ Once

| Circle Start Day | Urge To: | Private Behaviors—Thoughts, Sensations, Emotions | | | | | | | Medications | | Social-Signaling or Other Overt Behaviors | | | | | | | | | | | | | | | | | |
|---------------------|-------------------|--|--|--|--|--|--|--|----------------------|------------------------------|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | Commit Suicide | | | | | | | | Med as Prescribed | Other Drugs or Alcohol | | | | | | | | | | | | | | | | | | |
| Day Of Week | 0-5 | | | | | | | | Y/N | What. | | | | | | | | | | | | | | | | | | |
| MON | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TUE | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WED | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| THUR | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRI | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SAT | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SUN | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Notes/Comments/Chain Analysis:

Valued-Goals sought this week:

New Self-Enquiry Questions:

Radical Openness Skills [circle each day of the week you practiced a particular skill]

Flexible-Mind DEF(initely): Three steps for Radically Open Living
The Big Three + 1: Activating Social Safety
Practiced Loving-Kindness Meditation: Maximizing Social Safety
Flexible-Mind VARIES: Engaging in Novel Behavior
Flexible-Mind SAGE skills: Dealing with Shame, Embarrassment, and feeling Rejected or Excluded
Flexible-Mind is DEEP: Using Social Signaling to Live by Your Values
Practiced Being Kind to Fixed-Mind
Practiced Learning from Fatalistic-Mind
Practiced Going Opposite to Fatalistic-Mind
Practiced the Awareness Continuum
Mindfulness What Skills: Observe
Mindfulness What Skills: Describe
Mindfulness What Skills: Participate without Planning
Mindfulness How Skill: Self-Enquiry
Mindfulness How Skill: Awareness of Harsh Judgments
Mindfulness How Skill: One-Mindful Awareness
Mindfulness How Skill: Effectively and with Humility
Practiced Identifying Push-Backs & Don't-Hurt-Me Responses
Flexible-Mind REVEALS: Responding with Interpersonal Integrity
Flexible-Mind ROCKS-ON: Enhancing Interpersonal Kindness
Practiced Kindness First and Foremost
Practiced Open-Minded Assertiveness: PROVE skills
Flexible-Mind Validates: Signaling Social Inclusion
Flexible-Mind ALLOWS: Enhancing Social Connectedness
Practiced MATCH +1: Establishing Intimate Relationships
Flexible-Mind ADOPTS: Being Open to Feedback
Flexible-Mind DARES: Managing Unhelpful Envy
Flexible-Mind is LIGHT: Changing Bitterness
Flexible-Mind has HEART: Learning How to Forgive

| Hand out | Week Day | Week Day | Week Day | Week Day | Week Day | Week End | Week End |
|----------|----------|----------|----------|----------|----------|----------|----------|
| 1.B | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 3.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 4.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 5.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 8.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 10.3 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 11.2 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 11.3 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 11.B | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 12.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 12.2 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 12.2 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 12.2 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 13.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 14.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 14.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 14.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 16.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 16.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 17.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 17.B | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 18.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 19.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 21.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 21.2 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 22.1 | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 27.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 28.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| 29.A | Mon | Tues | Wed | Thu | Fri | Sat | Sun |