

# THE DIALECTICAL BEHAVIOR THERAPY DIARY

## Monitoring Your Emotional Regulation Day By Day.

### About the Authors

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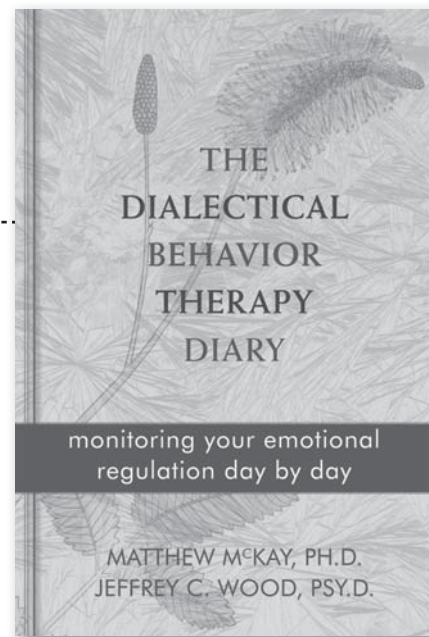
*The Dialectical Behavior Therapy Diary* is for readers who experience severe emotional pain as a result of anger, fear, sadness, guilt or shame, usually natural, protective emotions that are part of the human experience. When you have trouble regulating these emotions it's all too easy to overreact, lash out at others, or become angry with yourself. Therapists created *dialectical behavior therapy*, or DBT, to help people with overwhelming emotions calm themselves when their feelings become too painful or out of control.

Journaling is an essential component of DBT treatment, but until now, no guided DBT journal has been available for people with emotion dysregulation or borderline personality disorder (a condition often associated with out of control emotions) to use. An ideal companion book to *The Dialectical Behavior Therapy Skills Workbook*, *The Dialectical Behavior Therapy Diary* includes four short chapters explaining the four DBT skills (distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness), as well as a year's worth of exercises that allow readers to practice each skill.

Readers can use the worksheets, evaluations, and exercises in this diary to monitor their progress and skill development week-by-week over the course of a year as they learn to soothe themselves, manage overwhelming emotions, and practice new, healthy habits.

Following this diary can help those with emotion regulation problems to:

- learn over twenty techniques to use when feeling overwhelmed
- observe and record their progress each day
- find out which coping strategies work best for them
- discover nutrition and lifestyle changes that can increase overall well-being



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THE DIALECTICAL BEHAVIOR THERAPY DIARY  
Monitoring Your Emotional Regulation Day by Day  
by Matthew McKay, PhD, and Jeffrey C. Wood, PsyD  
March 2011 / 978-1-57224-9561/ \$15.95 / 6 x 9 / 168 pages



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