

Diary Card				Name:						How often did you fill out DC?				Start date:							
										__Daily		__2-3x		__4-6x		__1x		End date:			
Day of week:	Highest Urge To:			Highest Rating:			Actions			Drugs/Medications								Emotion		Actions	
	Kill myself	Hurt myself	Use Drugs	Emotion Misery	Physical Misery	Joy	Hurt Myself	Skills		Drugs/Alcohol		Marijuana		Meds as prescribed		OTC					
	0-5	0-5	0-5	0-5	0-5	0-5	Y/N	0-7		#	What	#	What	Y/N	#	What	0-5	0-5	Y/N #	Y/N #	
Coming Into Session										Used Skills											
Urge To:			0-5	Belief I can change..., ..., ..., and make things better					0-5	0= not thought about or used					4=tried, could do them, but they didn't help						
Quit Therapy				Emotions						1=thought about, not used, didn't want to					5=tried, could use them, helped						
Use Drugs				Actions						2=thought about, not used, wanted to					6=automatically used them, didn't help						
Kill myself				Thoughts						3=tried but couldn't use them					7=automatically used them, helped						
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Wise Mind</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Observe:</b> Just notice														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Describe:</b> put words on, just the facts														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Participate:</b> enter into the experience														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Non-judgmental stance</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>One-mindfully:</b> present moment														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Effectiveness:</b> focus on what works														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Loving-Kindness - practice</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>STOP skill</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Pros &amp; Cons</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>TIP</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Distract:</b> Wise Mind ACCEPTS														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Self-Soothe:</b> 5 senses														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>IMPROVE the moment</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Radical Acceptance</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Half-Smiling, Willing Hands</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Willingness, Alternate Rebellion</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Check the Facts</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Opposite-to-Emotion Action</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Problem Solved</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Reduced Vulnerability (PLEASE)</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Accumulate Positive Experiences</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Built Mastery</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Cope Ahead</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Mindfulness of Emotions</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Clarified Goals</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>DEAR:</b> Describe, Express, Assert, Reinforce														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>MAN:</b> (stay) Mindful, Appear Confident, Negotiate														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>GIVE:</b> (be) Gentle, (act) Interested, Validate, Easy Manner														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>FAST:</b> (be) Fair, (no) Apologies, Stick to Values, (be) Truthful														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Mindfulness of Others</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Dialectics</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Validation</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Strategies for increasing behavior</b>														
MON	TUE	WED	THUR	FRI	SAT	SUN	<b>Strategies for decreasing behavior</b>														

Core Mindfulness Skills

Distress Tolerance Skills

Emotion Regulation Skills

Interpersonal Effectiveness Skills

Middle Path Skills

