

Diary Card

Name _____

Week of _____

Feelings	Monday Intensity (0-5)			Tuesday Intensity (0-5)			Wednesday Intensity (0-5)			Thursday Intensity (0-5)			Friday Intensity (0-5)			Saturday Intensity (0-5)			Sunday Intensity (0-5)			
	Happy																					
Fear/Anxious/Tense																						
Angry																						
Sad/Depressed																						
Guilt/Shame																						
Hopeful																						
Empty/Alone																						
Unreal/Numb/Disconnected																						
Physically Bad																						
Overwhelmed																						
Rx Meds (Y/N)																						
# of Hours Slept																						
Urges	(0-5)	Acted On	Used Skills	(0-5)	Acted On	Used Skills	(0-5)	Acted On	Used Skills	(0-5)	Acted On	Used Skills	(0-5)	Acted On	Used Skills	(0-5)	Acted On	Used Skills	(0-5)	Acted On	Used Skills	
Suicidal Thoughts																						
Binge/Purge/Restrict																						
Alcohol/Drugs																						
Injure Myself																						
Overdose																						
Hurt Others																						
Quit Therapy																						
Cry																						

BRIEFLY DESCRIBE WHAT WAS IMPORTANT TO YOU TODAY - BE SPECIFIC, INCLUDE A GOAL FOR THE DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

**** 1. SOLVE THE PROBLEM 2. CHANGE HOW YOU FEEL ABOUT IT 3. ACCEPT/TOLERATE IT, OR 4. STAY MISERABLE! ****

CORE MINDFULNESS	Just notice your experience or attend to your senses, without labeling the experience	Observe "What Skill"	M	T	W	Th	F	Sa	Su
	Put words on the experience, use words to describe observations and sensations	Describe "What Skill"	M	T	W	Th	F	Sa	Su
	Throw yourself into the present moment without being self-conscious and participating fully	Participate "What Skill"	M	T	W	Th	F	Sa	Su
	Replace judgments of "good" or "bad" with facts (descriptions, consequences, preferences)	Non Judgmentally "How Skill"	M	T	W	Th	F	Sa	Su
	Attend to one thing in the moment, bring the mind back again and again	One Mindfully "How Skill"	M	T	W	Th	F	Sa	Su
	Identify goals and focus on what works; act skillfully; let go of being right	Effectively "How Skill"	M	T	W	Th	F	Sa	Su
	Break the rules or be shocking in way that do not complicate or destroy life	Alternate Rebellion	M	T	W	Th	F	Sa	Su
	Attend to inner wisdom, balance thoughts with feelings to find a grounded certainty	Wise Mind	M	T	W	Th	F	Sa	Su
INTERPERSONAL EFFECTIVENESS	Challenge automatic thoughts about your right to assert yourself	Cheerleading	M	T	W	Th	F	Sa	Su
	Practice taking another's perspective and consider multiple interpretations for other's behaviors	THINK	M	T	W	Th	F	Sa	Su
	Describe, Express, Assert, Reinforce, stay Mindful, Appear confident, Negotiate (DEAR MAN)	Objectives Effectiveness	M	T	W	Th	F	Sa	Su
	Be Gentle, act Interested, Validate, use an Easy manner (GIVE)	Relationship Effectiveness	M	T	W	Th	F	Sa	Su
	Be Fair, no Apologies, Stick to values, be Truthful (FAST)	Self-Respect Effectiveness	M	T	W	Th	F	Sa	Su
EMOTION REGULATION	Remind yourself that you are entitled to your feelings and that your feelings are important	Challenge Myths	M	T	W	Th	F	Sa	Su
	Identify prompting event, interpretation, emotion experience, expression, and after affects	Describe Emotions	M	T	W	Th	F	Sa	Su
	Take care of Physical Illness	Reduce Vulnerability: PLEASE	M	T	W	Th	F	Sa	Su
	Balanced Eating		M	T	W	Th	F	Sa	Su
	Avoid Mood Altering Drugs/Alcohol		M	T	W	Th	F	Sa	Su
	Balanced Sleep		M	T	W	Th	F	Sa	Su
	Balanced Exercise		M	T	W	Th	F	Sa	Su
	Increase Positive Experiences (emotions/events)	"A" Accumulate Positive Experiences	M	T	W	Th	F	Sa	Su
	Practice activities that build a sense of accomplishment or success	"B" Build Mastery	M	T	W	Th	F	Sa	Su
	Plan ahead how to cope with difficult situations	"C" Cope Ahead	M	T	W	Th	F	Sa	Su
	Observe, experience as a wave, remember you are not the emotion, accept the emotion	Ride the Wave	M	T	W	Th	F	Sa	Su
	Identify emotion & action urge, decide to decrease emotion, identify & do the opposite action	Opposite to Emotion Action	M	T	W	Th	F	Sa	Su
DISTRESS TOLERANCE Crisis Survival Skills	Activities, Contribution, Comparison/Count Blessings, Opposite Emotions, Pushing Away, Thoughts (think about something more pleasant), Sensations	Distract (Wise Mind ACCEPTS)	M	T	W	Th	F	Sa	Su
	Be mindful of things that please/comfort your vision, hearing, smell, taste or touch	Self Soothe with 5 Senses	M	T	W	Th	F	Sa	Su
	Imagery, Meaning, Prayer, Relaxation, One Thing in the Moment (Awareness), Vacation, Encouragement	IMPROVE the Moment	M	T	W	Th	F	Sa	Su
	Stop before reacting to avoid impulsive actions	STOP	M	T	W	Th	F	Sa	Su
	List positive and negative consequences for doing and for not doing an ineffective behavior	Pros and Cons	M	T	W	Th	F	Sa	Su
	Notice the ups and downs of each urge, as it rises, crests, and finally falls, use imagery	Urge Surfing/ride the wave	M	T	W	Th	F	Sa	Su
	Temperature, Intense Exercise, Paced Breathing, Paired Muscle Relaxation	TIPP	M	T	W	Th	F	Sa	Su
DT: Reality Acceptance	Observe the Breath	Acceptance Exercises	M	T	W	Th	F	Sa	Su
	Half Smile (Awareness)		M	T	W	Th	F	Sa	Su
	Practice awareness of your body and/or surroundings		M	T	W	Th	F	Sa	Su
	Notice reality, consider causes, practice accepting with whole self, let go of things you can't control	Radical Acceptance	M	T	W	Th	F	Sa	Su
	Notice turning from goal, make an inner commitment to step toward goal, do it again & again	Turning the Mind	M	T	W	Th	F	Sa	Su
	Willingness over Willfulness, Allow the world to be what it is, agree to participate in what is, effectively	Willingness	M	T	W	Th	F	Sa	Su

