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<tr>
<th>DAY</th>
<th>SUICIDAL IDEATION</th>
<th>PAIN</th>
<th>MEDICATION</th>
<th>SELF HARM</th>
<th>Restricting</th>
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<th>Burdensome</th>
<th>Worthless</th>
<th>Self Acceptance</th>
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**INTENSITY:** 0 = Not at all  1 = A bit  2 = Somewhat  3 = Rather Strong  4 = Very Strong  5 = EXTREMELY STRONG

How often did you fill in your diary card? _____ DAILY _____ 2 / 3 X's WK _____ 1X WK Urge to quit therapy? _____

**Notes for the Week:**

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<tr>
<th>Mon</th>
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**DBT SKILLS USED...**


**Observe**: Just notice the experience. "Teflon mind." Control your attention. Smell the roses. Experience what is happening.

**Describe**: Put experiences into words. Describe to yourself what is happening. Put words on the experience.

**Participate**: Enter into the experience. Act intuitively from wise mind. Practice changing the harmful and accepting yourself.

**Nonjudgmental stance**: See but don’t evaluate. Unglue your opinions. Accept each moment.

**Effectiveness**: Focus on what works. Learn the rules. Play by the rules. Act skillfully. Let go of vengeance and useless anger.

**Mindfulness**:
- **Observe**: Just notice the experience. "Teflon mind." Control your attention. Smell the roses. Experience what is happening.
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- **Participate**: Enter into the experience. Act intuitively from wise mind. Practice changing the harmful and accepting yourself.
- **Nonjudgmental stance**: See but don’t evaluate. Unglue your opinions. Accept each moment.
- **Effectiveness**: Focus on what works. Learn the rules. Play by the rules. Act skillfully. Let go of vengeance and useless anger.

**Interpersonal Skill**
- **Prioritizing**: Ranking the importance of your objective, the relationship, and self-respect.
- **Challenging myths and beliefs**: Dispute the thoughts and beliefs that reduce interpersonal effectiveness.
- **Options for intensity**: Determining how strongly to ask for or say no to something.

**Emotion Regulation**
- **Identifying primary emotions**: Use the model of emotions to identify your primary emotions.
- **Checking the facts**: Identify the facts of the situation (rather than thoughts, interpretations, or beliefs).
- **Problem solving**: Identify the problem, check the facts, identify your goal, brainstorm solutions, evaluate solutions, and put a solution into action.
- **Opposite-to-emotion action**: Change emotions by acting opposite to the current emotion (when it isn’t justified). Approach rather than avoid.
- **Build mastery**: Try to do one thing at a time. Let go of distractions. Concentrate your mind on the task at hand.
- **Cope ahead**: Imagine how you would skillfully cope with a situation before you are in it.
- **Managing extreme emotions**: Crisis survival skills, mindfulness of current emotions, apply emotion regulation skills.
- **Troubleshooting emotion regulation**: Steps to follow when changing your emotion doesn’t work.

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**TIPP**
- **Self-soothe**: Enjoy sights, sounds, smells, tastes and touch. Be mindful of soothing sensations.
- **Fros and cons**: think about the +/- aspects of tolerating distress and the +/- aspects of not tolerating distress (engaging in impulsive behavior).
- **Observing your breath**: Breathing to center yourself.
- **Half-smile**: If you can’t change your feelings, change your face. Create posture of acceptance, willingness, and openness to experience.
- **Awareness exercises**: Focus attention on allowing yourself to tolerate distress.
- **Radical acceptance**: Choose to recognize and accept reality. Freedom from suffering = acceptance of facts from deep within / not approval.
- **Turning the mind**: Choosing over and over again to accept even though emotion mind wants to reject reality.
- **Willingness**: Doing what is needed in each situation.

**Distress Tolerance**
- **Other**
- **Validate yourself**
- **Validate someone else**
- **Didn’t know what skill to use**