

DATE:

SKILLS UNIT :

		To Do	Notes
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

Behavior	S.I.	S-H	EtOH	Illicit	Meds	\$	Food	Impulsive:				
Urge 1-5												
Action												

Wake	Sleep	Noteworthy	AM Meds	PM Meds
Breakfast				
Lunch				
Dinner				
Exercise	Relaxation	Social		
			Side Effects	
Health Concerns				

SKILLS PRACTICE NOTES

Core Mindfulness			
Observe			Non-judgementally
Describe			Mindfully
Participate			Effectively

Emotion Regulation			
REDUCE EMOTIONAL VULNERABILITY			
Hungry		Angry	Lonely Tired
INCREASE POSITIVE EMOTIONS		LET GO OF EMOTIONAL SUFFERING	
Pleasant Activities		Surf the Wave	
Mindful of Positives		Observe, experience	
Distract from Worries		And accept emotion	
CHANGE EMOTIONS			
Act opposite to current emotion			

Distress Tolerance			
Distraction ACCEPTS		IMPROVE the moment	
Activities		Imagery	
Contributing		Meaning	
Comparisons		Prayer	
Emotions Opposite		Relaxation	
Pushing Away		One thing at a time	
Thoughts		Vacation	
Sensations		Encouragement	
Pros and Cons			
ACCEPTING REALITY			
Observing Breath		Radical Acceptance	
Half Smiling		Turning the Mind	
Awareness		Willingness	

Interpersonal Effectiveness			
DEAR MAN : objectives			
Describe		Mindful	
Express		Appear confident	
Assert		Negotiate	
Reinforce			
GIVE : relationship		FAST : self-esteem	
Gentle		Fair	
Interested		No Apologies	
Validating		Stick to Values	
Easy manner		Truthful	

Cognitive Distortions	
	All or Nothing Thinking
	Emotional Reasoning
	Jumping to Conclusions: Mind Reading
	Fortune telling
	Magnification or Minimization
	Over-generalization
	Mental Filter
	Discounting the Positives
	Personalization & Blame
	Labeling
	Should Statements