**Target Behavior:***

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*Use this scale to rate how you used your skills. Check “R” if you reinforced yourself for using skills. (0=least intense and 5=most intense)

**USED SKILLS**
- 0=Not thought about or used
- 1=Thought about, not used, didn’t want to
- 2=Thought about, not used, wanted to
- 3=Tried but couldn’t use them
- 4=Tried, could do them but they didn’t help
- 5=Tried, could use them, helped
- 6=Didn’t try, used them, didn’t help
- 7=Didn’t try, used them, helped

---

Monday: ____________________________________________________________________________________

Tuesday: _____________________________________________________________________________________

Wednesday: __________________________________________________________________________________

Thursday: ____________________________________________________________________________________

Friday: ______________________________________________________________________________________

Saturday: ____________________________________________________________________________________

Sunday: _____________________________________________________________________________________
### Core Mindfulness

**What Skills**
- Observe: just notice (urge surfing)
- Describe: put words on
- Participate: enter into the experience

**How Skills**
- One mindfully: in the moment
- Non-judgmentally: just the facts (Don’t judge judging, separate facts from interpretations)
- Effectively: focus on what works

### Interpersonal

**Prioritize among interpersonal goals**
- Consider options for intensity: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect
- Saying "no" & observing limits

**3 goals of interpersonal effectiveness**
- Objectives effectiveness: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating)
- Relationship Effectiveness: GIVE (Gentle, Interested, Validating, Easy manner)
- Self-respect Effectiveness: FAST (Fair, no Apologies, Stick to values, Truthful)

### Emotional Regulation

**Model of emotions**
- Function of emotion

**PLEASE Master**
- Take care of Physical illness
- Balanced Eating
- Avoid alcohol / mood altering drugs
- Balanced Sleeping
- Balanced Exercise
- Build Mastery

**Increase positive emotions/events**
- Experience my emotion as a wave (Let it come & go, just observe, don’t amplify or suppress)
- Acting opposite to Emotion: Fear=approach, guilt=apologize/ignore, sad=get active, anger=avoid, gentleness & empathy
- Practice loving my emotions (step back, experience, accept, don’t judge)

### Distress Tolerance

**Distract Skills Wise Mind ACCEPTS**
- Activities*
  - Contribution
  - Comparison / Count blessings
  - Opposite Emotions (acting opposite)
  - Pushing away
  - Thoughts (think about something more pleasant)
  - Sensations
  - Self-soothe with 5 senses*

**IMPROVE the Moment**
- Imagery*
  - Meaning*
  - Prayer
  - Relaxation*
  - One thing in the moment
  - Vacation
  - Encouragement
  - Pros / cons

**Observe the breath**
- Half-smile
- Radical acceptance, willingness, turning the mind,

**DISTRESS TOLERANCE**
- Building structure: Work
- Building structure: Relationships
- Building structure: Time
- Building structure: Place