

**Diary Card for the week of:**

**Name:**

Date	M	T	W	Th	F	S	Su
Sleep							
Exercise							
Relaxation							
Social							
Supports							
Pleasure Activity							
U R G E S	S. I.						
	S. ideation						
	S. H.						
	Triggers						
	Meds						
	Words						
	\$						
	Procrastinate						
	Food						
	Int. dialog						
	Dissoc.						
	Splitting						
	Push limits						
E M O T I O N S	Stress						
	Anxiety						
	Fear						
	Insecurity						
	Angry						
	Ashamed						
	Guilty						
	Pain						
	Sadness						
	Wounded						
	Unfocused						
	Peaceful						
	Accepting						
Strong							
S O C I A L	Reluctant						
	Regretting						
	Fearful						
	Masking						
	Shame						
	Confusion						
	Wise Mind						
	Forgiving						
	Aware						
	Class						
	One on one						
Group							
Structure?							

Core Mindfulness			
1	Observe	4	Nonjudgmentally
2	Describe	5	Mindfully
3	Participate	6	Effectively
Emotion Regulation			
<i>Reduce Emotional Vulnerability</i>			
7	Hungry	8	Angry
9	Lonely	10	Tired
<i>Increase Positive Emotions</i>		<i>Let Go of Emotional Suffering</i>	
11	Pleasant Activities	14	Surf waves of emotions
12	Mindful of Positives	15	Observe, experience
13	Distract from Worries	16	and accept emotion
<i>Change Emotions</i>			
17	Act opposite to current emotion		
Distress Tolerance			
<i>Distraction - ACCEPTS</i>		<i>IMPROVE the moment</i>	
18	Activities	25	Imagery
19	Contributing	26	Meaning
20	Comparisons	27	Prayer
21	Emotions Opposite	28	Relaxation
22	Pushing Away	29	One thing at a time
23	Thoughts	30	Vacation
24	Sensations	31	Encouragements
32	Pros and Cons		
<i>Accepting Reality</i>			
33	Observing Breath	36	Radical Acceptance
34	Half Smiling	37	Turning the Mind
35	Awareness	38	Willingness
Interpersonal Effectiveness			
<i>DEAR MAN: objectives (39)</i>			
	Describe		Mindful
	Express		Appear Confident
	Assert		Negotiate
	Reinforce		
<i>GIVE: relationship (40)</i>		<i>FAST: self-esteem (41)</i>	
	Gentle		Fair
	Interested		No Apologies
	Validating		Stick to Values
	Easy manner		Truthful
Cognitive Distortions (be aware and let go)			
42	All or Nothing Thinking		
43	Emotional Reasoning		
44	Jumping to Conclusions: Mind Reading, Fortune Telling		
45	Magnification or Minimization		
46	Over-generalization		
47	Mental Filter		
48	Discounting the Positives		
49	Personalization and Blame		
50	Labeling		
51	Should Statements		

**Comments**

Mon	Skills:
Tue	Skills:
Wed	Skills:
Thur	Skills:
Fri	Skills:
Sat	Skills:
Sun	Skills:

**SKILLS DIARY CARD**

*Circle the days you worked on each skill.*

1. Wise Mind	Mon	Tues	Wed	Thu	Fri	Sat	Sun
2. Observe: just notice	Mon	Tues	Wed	Thu	Fri	Sat	Sun
3. Describe: put words on	Mon	Tues	Wed	Thu	Fri	Sat	Sun
4. Nonjudgmental stance	Mon	Tues	Wed	Thu	Fri	Sat	Sun
5. One-mindfully: in-the-moment	Mon	Tues	Wed	Thu	Fri	Sat	Sun
6. Effectiveness: focus on what works	Mon	Tues	Wed	Thu	Fri	Sat	Sun
7. Objective effectiveness: DEAR MAN	Mon	Tues	Wed	Thu	Fri	Sat	Sun
8. Relationship effectiveness: GIVE	Mon	Tues	Wed	Thu	Fri	Sat	Sun
9. Self-respect effectiveness: FAST	Mon	Tues	Wed	Thu	Fri	Sat	Sun
10. Reduce Vulnerability: PLEASE	Mon	Tues	Wed	Thu	Fri	Sat	Sun
11. Increase positive emotions	Mon	Tues	Wed	Thu	Fri	Sat	Sun
12. Let go of emotional suffering	Mon	Tues	Wed	Thu	Fri	Sat	Sun
13. Build MASTERY	Mon	Tues	Wed	Thu	Fri	Sat	Sun
14. Build positive experiences	Mon	Tues	Wed	Thu	Fri	Sat	Sun
15. Opposite-to-emotion action	Mon	Tues	Wed	Thu	Fri	Sat	Sun
16. Distract	Mon	Tues	Wed	Thu	Fri	Sat	Sun
17. Self-soothe	Mon	Tues	Wed	Thu	Fri	Sat	Sun
18. Improve the moment	Mon	Tues	Wed	Thu	Fri	Sat	Sun
19. Distraction: ACCEPTS	Mon	Tues	Wed	Thu	Fri	Sat	Sun
20. Accepting reality	Mon	Tues	Wed	Thu	Fri	Sat	Sun
21. Pros and Cons	Mon	Tues	Wed	Thu	Fri	Sat	Sun
22. Radical acceptance	Mon	Tues	Wed	Thu	Fri	Sat	Sun
23. EFT: Tapping	Mon	Tues	Wed	Thu	Fri	Sat	Sun
24. Be impeccable with your word	Mon	Tues	Wed	Thu	Fri	Sat	Sun
25. Don't take anything personally	Mon	Tues	Wed	Thu	Fri	Sat	Sun
26. Don't make assumptions	Mon	Tues	Wed	Thu	Fri	Sat	Sun
27. Always do your best	Mon	Tues	Wed	Thu	Fri	Sat	Sun
28. Mindfulness Meditation	Mon	Tues	Wed	Thu	Fri	Sat	Sun
29. Focus: follow schedule	Mon	Tues	Wed	Thu	Fri	Sat	Sun
30. Write	Mon	Tues	Wed	Thu	Fri	Sat	Sun
31. Challenge cognitive distortions	Mon	Tues	Wed	Thu	Fri	Sat	Sun

**Signs of Downward Spiralling**

Avoiding	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Procrastinating	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Negative self-talk	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Emotional exhaustion	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Pulling hair	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Physical pain	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Internalization	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Nightmares	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Skin irritation	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Change in eating pattern	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Crying easily	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Sleeping too much	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Dissociation	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Leg pain	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Heaviness in solar plexus	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flashback	Mon	Tues	Wed	Thu	Fri	Sat	Sun

**Common Triggers**

Ignored/ invalidated	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Too many people/crowded	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Treated unjustly	Mon	Tues	Wed	Thu	Fri	Sat	Sun