

Week beginning:

Module	Skills	<i>Circle the days you practiced each skill</i>						
<b>Mindfulness</b>	Wise Mind	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Observe: Just notice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Describe: Put words on	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Participate fully	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Non-judgementally	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	One-mindfully: In the moment	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Effectiveness: Focus on what works/play by the rules	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Emotion Regulation</b>	PLEASE: P/illness, Eating, Drugs, Sleep, Exercise	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Build positive experiences	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	MASTERY: Do one thing to feel competent	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Cope ahead	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Check the facts	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Opposite-to-action emotion	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Problem Solving	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Distress Tolerance</b>	STOP: Stop, Take a step back, Observe, Proceed mindfully	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	TIPP: Temperature, Intense Exercise, Paced breathing/ Paired muscle relaxation	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Distract with Wise Mind ACCEPTS: Activities, Contributing, Comparisons, Emotions, Pushing Away, Thoughts, Sensations	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Self-soothe with Five Senses	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	IMPROVE the moment: Imagery, Meaning, Prayer, Relaxation, One thing at a time, Vacation, Encouragement	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Pros & Cons	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Radical Acceptance	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Turning the mind	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Willingness	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Interpersonal Effectiveness</b>	DEAR: Describe, Express, Assert, Reinforce	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	MAN: Mindful, Appear Confident, Negotiate	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	GIVE: Gentle, Interested, Validate, Easy Manner	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week beginning:

FAST: Fair, No Apologies, Stick to Values, Truthful	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Day & Date	Urges to...			Emotions									Drugs/Medications			Actions		Joy	Skills *	R	
	Suicide	Self-Harm	Use	Sad	Shame	Anger	Fear	Disgust	Envy	Jealousy	Guilt	Agitation	Alcohol	Illicit Drugs	Rx/O-T-C	Self-Harm	Lying				
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	#	#	Y/N	#				0-5
Mon																					
Tues																					
Wed																					
Thurs																					
Fri																					
Sat																					
Sun																					

\*Use this scale to rate how you used your skills. Check "R" if you reinforced yourself for using skills.

<p><b>Used Skills</b></p> <p>0 = Not thought about or used</p> <p>1 = Thought about, not used, didn't want to</p> <p>2 = Thought about, not used, wanted to</p> <p>3 = Tried but couldn't use them</p>	<p>4 = Tried, could do them but they didn't help</p> <p>5 = Tried, could use them, helped</p> <p>6 = Didn't try, used them, didn't help</p> <p>7 = Didn't try, used them, helped</p>
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