



DAILY LOG

Date:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take medications? (Yes or No)	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Anger (0- 5/action)							
Depression (0- 5)							
Anxiety (0- 5)							
Joy (0- 5)							
Safety: SI (0-5/action)							
Safety: Self Harm (0-5/action)							
Sleep (# of hours)							
BPE (Yes or No)	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Me (0- 5)							
List skills used:							
I'm thankful for...							

0=not at all 1=a little bit 2=somewhat 3=strong 4= very strong 5=extremely strong

Did I meet my goals? What skills helped me reach the end-game? What got in my way?

Goal 1:							
Goal 2:							
Goal 3:							

Core Mindfulness

- Wise Mind (WM)** To dialectically balance emotion and reason so you can respond rather than react
- Observe (OB)** To just notice experience
- Describe (DE)** To put words on experience
- Participate (PA)** To fully enter into your experience
- Nonjudgmental Stance (NJS)** To not attach strong opinions or labels to experience
- One-mindfulness (OM)** To focus your attention on one thing
- Effectiveness (EF)** To focus on what works

Emotion Regulation

- Pleased (PL)**
 - Physical Health: To engage in behaviors that keep your body healthy
 - List Resources and Barriers: To identify your resources and barriers for each area of PLEASED
 - Eat Balanced Meals: To maintain a healthy diet everyday
 - Avoid Drugs and Alcohol: To minimize or eliminate drug and alcohol use
 - Sleep 7 to 10 Hours: To get the amount of sleep that helps you feel good
 - Exercise: To exercise 20 minutes three to five times each week
 - Daily: To make PLEASED skills daily habits, for maximum benefit
- Build Mastery (BM)** To do things to help you feel competent and in control
- Build Positive Experience (BPE)** To seek out events that create positive feelings
- Attend to Relationships (A2R)** To connect with meaningful people in your life
- Mood Momentum (MM)** To perform balanced behaviors to maintain positive moods
- Opposite to Emotion (O2E)** To do the opposite of the action a negative emotion pulls you to perform

Distress Tolerance

- Distract with ACCEPTS**
 - Activities (AC): To keep busy and involved
 - Contributing (CON): To do something for others
 - Comparisons (COM): To see that others struggle, too
 - Emotions (EM): To do something that creates other emotions
 - Push Away (PA): To shelve your problem for later
 - Thoughts (T): To think about something other than your distress
 - Sensations (S): To invigorate your senses or to do something physically engaging
 - Self-Soothe (SS)** To relax yourself through the senses
 - Urge Surfing (US)** To ride the ebbs and flows of emotions/urges without reacting
 - Bridge Burning (BB)** To remove the means to act on harmful urges
- IMPROVE the Moment**
 - Imagery (IM): To relax or practice skills visually in your mind
 - Meaning (ME): To find the "why" to tolerate a difficult time
 - Prayer (PR): To seek connection and guidance from a higher power
 - Relaxation (RE): To calm the mind and body
 - One Thing at a Time (OT): To focus on one thing when overwhelmed
 - Vacation (V): To take a brief break
 - Encouragement (EN): To coach yourself with positive self-talk
- Pros and Cons (P&C)** To weigh the benefits and costs of a choice
- Grounding Yourself (GY)** To use OB and DE to come back to the here and now
- Radical Acceptance (RA)** To acknowledge "what is" to free yourself from suffering
- Everyday Acceptance (EA)** To accept daily inconveniences that occur in life
- Willingness (WI)** To remove barriers and do what works in a situation

Interpersonal Effectiveness

- Fast (F)**
 - Fair: To be just and take a Nonjudgmental Stance (NJS) with yourself and others.
 - Apologies Not Needed: To not apologize for having an opinion, for your own viewpoints or for things over which you have no control
 - Stick to Values: To know what values are non-negotiable and when values conflict, work to resolve the conflict through Wise Mind (WS)
 - Truth and Accountability: To be honest and accountable with yourself and others
- Give (G)**
 - Genuine: To be honest, sincere, respectful and real with others
 - Interested: To make efforts to connect with a person — listen intently, ask questions and listen to the answers, make appropriate eye contact
 - Validate: To acknowledge others' feelings, thoughts, beliefs and experiences without judgment
 - Easy Manner: To treat others with kindness and a relaxed attitude
- Dear Man (DM)**
 - Describe: To outline the situation in nonjudgmental language
 - Express: To share your opinions and feelings if they relate and will help others understand the situation
 - Assert: To ask clearly for what you want or need, say no or set your boundary
 - Reward: To let others know what is in it for them, avoid ultimatums and threats
 - Mindful: To stay focused on your goal
 - Appear Confident: To use an assertive tone of voice, make eye contact and use confident body language
 - Negotiate: To strike compromises that make sense, meet in the middle

