

MON	Rx	ANG	DEP	ANX	SI	SIB	TIB	ENERGY LEVEL	HOURS OF SLEEP	BM	BPE	OTHERS (MY GOALS)
RATING 0-10												1.
Skills												2.
												3.
TUES	Rx	ANG	DEP	ANX	SI	SIB	TIB	ENERGY LEVEL	HOURS OF SLEEP	BM	BPE	OTHERS (MY GOALS)
RATING 0-10												1.
Skills												2.
												3.
WED	Rx	ANG	DEP	ANX	SI	SIB	TIB	ENERGY LEVEL	HOURS OF SLEEP	BM	BPE	OTHERS (MY GOALS)
RATING 0-10												1.
Skills												2.
												3.
THURS	Rx	ANG	DEP	ANX	SI	SIB	TIB	ENERGY LEVEL	HOURS OF SLEEP	BM	BPE	OTHERS (MY GOALS)
RATING 0-10												1.
Skills												2.
												3.
FRI	Rx	ANG	DEP	ANX	SI	SIB	TIB	ENERGY LEVEL	HOURS OF SLEEP	BM	BPE	OTHERS (MY GOALS)
RATING 0-10												1.
Skills												2.
												3.
SAT	Rx	ANG	DEP	ANX	SI	SIB	TIB	ENERGY LEVEL	HOURS OF SLEEP	BM	BPE	OTHERS (MY GOALS)
RATING 0-10												1.
Skills												2.
												3.
SUN	Rx	ANG	DEP	ANX	SI	SIB	TIB	ENERGY LEVEL	HOURS OF SLEEP	BM	BPE	OTHERS (MY GOALS)
RATING 0-10												1.
Skills												2.
												3.

	MON	TUES	WED	THURS	FRI	SAT	SUN
STRESSORS							
FEELINGS							
THANKFUL							
DAILY GOAL							
TIME							

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
- Nonjudgemental 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

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 Nonjudgemental 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 judgement
- Easy Manner:** To treat others with kindness and a relaxed attitude

Dear Man (DM)

- Describe:** To outline the situation in nonjudgemental 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

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

