

# Teen Diary Card

	RX	Depression	Anxiety	Anger	SI	SIB	TIB	BM	BPE	Balanced Eating	Balanced Exercise	Energy	Sleep
Day 1													
Day 2													
Day 3													
Day 4													
Day 5													
Day 6													
Day 7													

**Skills**

# Goals

- 1.
- 2.
- 3.

# My Relationships

Peers	Family	Adults	Self

<b>OBS</b>	Observe .....	Pay attention. Notice things that happen inside and outside yourself.
<b>DES</b>	Describe.....	Put words on what you notice.
<b>PAR</b>	Participate.....	Be active and engage in your experience.
<b>NJS</b>	Non-Judgmental Stance.....	Focus on the facts; avoid labels and judgments.
<b>OM</b>	One-Mindfully.....	Focus on one thing in the moment; focus your attention on the here-and-now.
<b>EFF</b>	Effectively.....	Do what works best and use skills.
<b>DIS</b>	Wise Mind ACCEPTS.....	Distract yourself; focus away from what is stressful.
<b>SS</b>	Self Soothe.....	Use your 5 senses to feel comforted and nurtured.
<b>ITM</b>	IMPROVE The Moment.....	Replace difficult events with enjoyable events.
<b>GY</b>	Ground Yourself.....	Ground yourself in the present moment.
<b>US</b>	Urge Surfing.....	Notice and experience urges, but do not act on them; remind yourself that it will not last forever.
<b>BB</b>	Bridge Burning.....	Remove access to things that could tempt you to act on harmful urges.
<b>P + C</b>	Pros and Cons.....	List the pros and cons.
<b>RA</b>	Radical Acceptance.....	Accept what you cannot change; do not fight reality. Focus on what you can change.
<b>EA</b>	Everyday Acceptance.....	Have an accepting attitude toward daily events.
<b>TTM</b>	Turn the Mind.....	Change your thoughts so that you can accept. Be open to alternatives.
<b>PL</b>	PLEASE .....	Take care of your physical health and make a self care routine.
<b>BM</b>	Build Mastery.....	Do things that cause you to feel confident, capable, and in control.
<b>BPE</b>	Build Positive Experiences.....	Do things that create enjoyable emotions. Have fun!
<b>O2E</b>	Opposite to Emotion.....	Do the opposite of what your difficult emotion tells you to do.
<b>G</b>	GIVE.....	Focus on what the other person needs. Build healthy relationships.
<b>DM</b>	DEAR MAN.....	Assert yourself. Ask for what you want and say no when necessary.
<b>F</b>	FAST.....	Focus on your self respect in relationships
<b>A2R</b>	Attend to Relationships.....	Set limits. Let go of unhealthy relationships. Improve healthy relationships. Resolve conflicts.