

Y/N	Y/N	Y / N	V / NI			
		•	Y/N	Y/N	Y / N	Y / N
Y / N	Y / N	Y / N	Y/N	Y / N	Y / N	Y/N
	Y/N					

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?

Tolerance

Goal 1:				
Goal 2:				
Goal 3:				

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

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 time 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

Attend to Relationships (A2R) To connect with meaningful people in your life Mood Momentum (MM) To perform balanced behaviors to maintain positive

Opposite to Emotion (O2E) To do the opposite of the action a negative emotion pulls you to perform

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

Willingness (WI) To remove barriers and do what works in a situation

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

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 eve 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

Interpersonal

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