

MON	Rx	SI	SIB	URG	TIB	DEP	ANX	ANG	SOS	WILLINGNESS	SLEEP	SOBER BPE	TREATMENT GOALS
RATING 0-10													1.
Skills													2.
													3.
TUES	Rx	SI	SIB	URG	TIB	DEP	ANX	ANG	SOS	WILLINGNESS	Sleep	Sober BPE	TREATMENT GOALS
RATING 0-10													1.
Skills													2.
													3.
WED	Rx	SI	SIB	URG	TIB	DEP	ANX	ANG	SOS	WILLINGNESS	Sleep	Sober BPE	TREATMENT GOALS
RATING 0-10													1.
Skills													2.
													3.
THURS	Rx	SI	SIB	URG	TIB	DEP	ANX	ANG	SOS	WILLINGNESS	Sleep	Sober BPE	TREATMENT GOALS
RATING 0-10													1.
Skills													2.
													3.
FRI	Rx	SI	SIB	URG	TIB	DEP	ANX	ANG	SOS	WILLINGNESS	Sleep	Sober BPE	TREATMENT GOALS
RATING 0-10													1.
Skills													2.
													3.
SAT	Rx	SI	SIB	URG	TIB	DEP	ANX	ANG	SOS	WILLINGNESS	Sleep	Sober BPE	TREATMENT GOALS
RATING 0-10													1.
Skills													2.
													3.
SUN	Rx	SI	SIB	URG	TIB	DEP	ANX	ANG	SOS	WILLINGNESS	Sleep	Sober BPE	TREATMENT GOALS
RATING 0-10													1.
Skills													2.
													3.

	FEELINGS	THANKFUL		
MON				
TUES				
WED				
THURS				
FRI				
SAT				
SUN				

**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

**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