

MON	Rx	FRUS	DEP	ANX	SIS	TAB	Sleep	Energy level	Agency	BPE	Self-Care	Social	Goals
RATING 0-10													1.
Skills													2.
													3.
TUES	Rx	FRUS	DEP	ANX	SIS	TAB	Sleep	Energy level	Agency	BPE	Self-Care	Social	Goals
RATING 0-10													1.
Skills													2.
													3.
WED	Rx	FRUS	DEP	ANX	SIS	TAB	Sleep	Energy level	Agency	BPE	Self-Care	Social	Goals
RATING 0-10													1.
Skills													2.
													3.
THURS	Rx	FRUS	DEP	ANX	SIS	TAB	Sleep	Energy level	Agency	BPE	Self-Care	Social	Goals
RATING 0-10													1.
Skills													2.
													3.
FRI	Rx	FRUS	DEP	ANX	SIS	TAB	Sleep	Energy level	Agency	BPE	Self-Care	Social	Goals
RATING 0-10													1.
Skills													2.
													3.
SAT	Rx	FRUS	DEP	ANX	SIS	TAB	Sleep	Energy level	Agency	BPE	Self-Care	Social	Goals
RATING 0-10													1.
Skills													2.
													3.
SUN	Rx	FRUS	DEP	ANX	SIS	TAB	Sleep	Energy level	Agency	BPE	Self-Care	Social	Goals
RATING 0-10													1.
Skills													2.
													3.

	MON	TUES	WED	THURS	FRI	SAT	SUN
Stressors							
Feelings							
Thankful							
Daily Goal							
Time							

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

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

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