RISE Diary Card

		Mind and Meaning			Body-Based					Consciousness and Memory			Action and Connection						Developmental Integration		
	RX (Y/N)	EMO (0-10)	COG (0-10)	MB (0-10)	NERV (0-10)	SOM (0-10)	INT (0-10)	Sleep	MOVE	DIS (0-10)	MEM (0-10)	GY (Y/N)	SUB (0-10)	SI (0-10)	SIB (0-10)	AVD (0-10)	REL (0-10)	PART (0-10)	NM (0-10)	RO (0-10)	SS (0-10)
Mon																					
Goals	1.						2.								3.						
Tues																					
Goals	1.						2.								3.						
Wed																					
Goals	1.						2.								3.						
Thur																					
Goals	1.						2.								3.						
Fri																					
Goals	1.						2.								3.						
Sat																					
Goals	1.						2.								3.						
Sun																					
Goals	1.						2.								3.						

EMO = Emotional dysregulation, COG = Cognitive dysregulation, MB = Meaning-and-belief dysregulation, SOM = Somatic dysregulation, NER = Nervous system dysregulation, INT = Interoceptive dysregulation, Sleep = Sleep, MOVE = Movement, DIS = Dissociative dysregulation, MEM = Memory dysregulation, GY = Grounding, SUB = Substance use urges, SI = Suicidal ideation, SIB = Self-injurious behaviors, AVD = Avoidance/withdrawal, REL = Relational stress, PART = Participation level, NM = Needs met, RO = Structure, SS = Self-support

mhs

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	MON	TUES	WED	THURS	FRI	SAT	SUN
STRESSORS							
FEELINGS							
THANKFUL							
NOTES							
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 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 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

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