

Journal diary card

1. What state of mind (*Clean, Clear, Addict*) am I in? How do I know?
2. Did I attend to PLEASE today?
3. Secondary target: _____ How did I do?
4. Write about avoidance today:
5. How did I attend to self care?
6. Build Positive Experience?
7. Build Mastery
8. OCD: Did I engage in compulsions? Did I say the effective thing to ocd?
9. Skill to focus on tomorrow:
10. Mindfulness and labeling of emotions:
11. Life threatening:
12. Therapy Interfering: (*meds, dissociating, not going to therapy, no homework, no diary card, not calling for coaching, willfulness*).
13. Quality of life Interfering: (*Anger, drugs/alcohol, ED sx, impulsivity, ruminating, catastrophizing, sabotage...*)
14. Relationships: *isolating, vulnerability, masking, assertiveness, FAST, caretaking..*

***ER W4a+H8a+H9. Uncertainty agreement. Pros and cons of therapy. Constant mindfulness.**

