Journal diary card

1.	What state of mind (<i>Clean, Clear, Addict</i>) 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				
	OCD: Did I engage in compulsions? Did I say the effective thing to ocd?				
	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.

	Date/day of the week:			
	Mindfulness			
Rehavior Chain a	and Missing Links			
Deliavior Chain a	Observe (just notice)			
What skills	Describe (put words on)			
WHAT SKIIS	Participate (enter into the experience)			
	One mindfully (not multitask)			
How skills	Non-judgementally (just the facts)			
1104 381113	Effectively (focus on what works)			
Wise Mind (Ratio	nal - Emotional balance			
TTISC ITTIII (Natio	Distress Tolerance			
STOP skill (Take	a step back, Observe, Proceed mindfully)			
Pros and Cons	a step back, observe, rrocced mindrally)			
	e exercise, Progressive muscle relax/Paced breathing)			
TIP (Temp, Intens	Activities (tasks that will help distract)			
Distract skills:	Contributing (do something for someone else)			
DISTRACT SKIIIS:	Comparisons (to create feeling of gratitude)			
Wise Mind	Opposite Emotions (event to create different emotion)			
	Pushing away (place on worry shelf/box)			
ACCEPTS	Thoughts (recite lyrics/poem, read, puzzles)			
	Sensations (ie: ice in hand, bite lemon)			
	Imagery (safe space)			
	Meaning (what is this situation/person teaching me)			
	Prayer (appealing to higher power)			
IMPROVE	Relaxation (release tension)			
the moment	One thing in the moment (intense focus, awareness)			
	Vacation (step away, take a break)			
	Encouragement (self-compassion)			
Salf soothe with	5 senses (aim to comfort)			
Seir-sootne with	Radical Acceptance			
Reality	Willingness, Turning the Mind			
acceptance skills	Half smiling, Willing hands			
<u>'</u>	mail silling, willing hallus			
Minatulness of C	Current Thoughts (Automatic Negative Thoughts) Interpersonal Effectiveness			
DEAD MANL(•			
	ring a request and saying "no") Objective			
	act Interested, Validate, Easy manner) Relationship			
	Apologies, Stick to values, be Truthful) Self-Respect			
	ing to Relationships			
Dialectics (find the				
Validation (self o	,			
Behavior Change	Emotion Regulation			
	Model of Emotions			
Changing	Check the Facts			
Emotional	Opposite Action			
Responses	Problem Solving			
.,	Accumulate Positives (short term)			
	Accumulate Positives (snort term) Accumulate Positives (long term)			
Reducing	Build Mastery			
Vulnerability	Cope Ahead (with emotional situations)			
,	PLEASE (physical self-care)			
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