Initials:		How ofto	n did 6									
Date Started: How often did you fill out your card? 1 2-4 5-6 7 Filled out in session? Y/N												
					The Control of the Co							
TARGET BEHAVIOR(s)	(Life threaten	ing / Treatme	nt Interfering	/ Quality of Life	interfering]:_							
Type of Urge	Sat	Sun	Mon	Tues	Wed	Thurs	Fri					
Level of Urge (0-5)												
Level of Misery (0-5)												
Action (Y/N)												
Suicidal (0-5)												
Rx (Y/N)												
	Sat	Sun	Mon	Tues	141-4	-						
Peaceful			- William	ives	Wed	Thurs	Frí					
Accepting												
Strong												
Curiosity												
Love (happiness, joy)	3174.0.00											
Sadness												
Shame / Guilt												
Anger												
Fear (tense, panicky)												
Emptiness												
Disgust												
Sat:												
Sun:												
Mon:												
Tue:												
	/											
Wed:												
Thur:												
Fri:												
						· · · · · · · · · · · · · · · · · · ·						
	<del></del>					<del></del>	<del></del>					

		Ioh	Sat	Sun	М	Tu	W	Th	L
WHAT to do to engage in mindfulness  HOW to engage in mindfulness	WHAT to do to engage in	Observe	- Janes	5000	Ulastica -	Section.	100112	5300-10	-540
		Describe	ALERS.	26292	25,36%	- Control	707	555	779
		Participate	_	_	100.00		-		_
	HOW to engage in	One Mindfully	1000	100	1000	200	-	1500	7
		Non Judgmentally			Equality of the			1000000000	
		Effectively	Ang.	1000	4000	2000	1000	Tion.	91179
	Wise Mind							Г	
	Validate (self and others)	2000	8004	1000	- State of	77000	10000	17.043	
-1	3 goals of interpersonal	Objective: DEAR MAN	- STATE OF THE PARTY OF THE PAR						Г
4 ₹		Describe, Express, Assert, Reinforce, Mindfully, Act Confident, Negotiate		1					1
INTER- SONAL a goals of interpersons effectiveness		Relationship: GIVE Gentle, Interested, Validating, Easy Mannered	375	1000	12/04/	***	200	-	
		Self Respect: FAST Fair, no Apologies, Stick to values, Truthful	30052	39000	-	1000000	95005	2000000-	-
		Saying "no," Observing limits	2000	533	36066	-36000	1200	1000	70
		take care of PhysicaL illness	3000	3302	200	-5000	157700	75757	- 2
ō	Reduce Vulnerability		4000	2000	50000	12,0000	100.00	-900	-
F		balanced Eating	zeren.	27.46	2000	200	22.00	(A)	1145
Ę		Avoid alcohol/drugs							L
<u> </u>	PLEASE	balanced Sleeping	-0.00	20000	Tourist .	1000	1000	700	40.14
RE		balanced Exercise							
EMOTION REGULATION	Increase Positive	Build Mastery	200	7	decision of the second	2000	distri-	100 March 100	61746
₽	increase Positive	Increase Positive Emotions / Events							Г
9	Change Current	Act Opposite to Emotion	200	No.	Se mantin	2.72.	11 A 7 C 10 C		
E	Let go of Suffering	Emotion as a wave (come & go, observe, don't amplify or suppress)		5000		-2007-0902-1		-	۲
		Activities	- Mary many	Administration -	1000	-2-2-	-	2000	-
		Contribution	The man	90200	7000	-20 84000	500000	00002	H
	oles as	Comparisons/ Count blessings	2000	ereser.	-3322	-0.00	700007	2000	-7
Distract ACCEPTS  IMPROVE the moment	Distract	Opposite Emotions	30.5	California .	T-100	47002	100000	100	Ė
	ACCEPTS		-USDOSE	28.22	100300	22152	200.00	562000	_
		Pushing Away		To Para	TOTAL TOTAL	77.00	-	7000	1111
	Thoughts (distract with other thoughts i.e. counting to 10, puzzles)							L	
		Sensations / Self Soothe with 5 senses	2352	Topode		Common of the co	Parket Services		11.14
		Imagery							
		Meaning	1572) 16575	7000	47000	7000		2000	Link
	IMPROVE	Prayer							Γ
	the moment	Relaxation	7777	700000	2272	-5000			200
SS		One thing in the moment		-			136.25		r
2		Vacation	100000	- Marie - Artista		2000	(*************************************	-2810/C	7.
DISTRI		Encouragement	- material	770			200	-	1
		Pros and Cons	200000	-00000	500			200	-
		Observing Breath	HE.	77775	2022	1	100000	22.90	H
	Acconting		50,000	-2002	2002	-	120000	-8600	L
	Accepting	Half Smiling	10000	30.00	325	70070	200	375	L
	Reality	Awareness							L
		Radical Acceptance	3000	#1000		1000	20200	1000	1
		Willingness							Γ
							-		
_		All or nothing thinking	20170	Principles of the second of th	1000	222		- 1000	
		Overgeneralization	1		1	-			T
		Mental Filter	344	200	Sec.	1.25	unia.	1500	1
		Discounting the Positive	15555	955	12000	2750	No.	100	+
	50 M M	Jumping to Conclusions: Mind Reading	See -		+-	10.2			+
	Cognitive		100	2000	America	100	100	100	1
1	Distortions	Fortune Telling	<b> </b>		<u> </u>	1	1	<u> </u>	1
		Magnification or Minimization	1995	200	1	E.C.	1	4400	1
		Emotional Reasoning							T
		Should Statements	Control of the Contro	727.7	100	(h/-)	Service of the servic	2.6	1
		Labeling	7.00	matica	-	-200,000		75.75	+
		Personalization and Blame	-	-	-			-	1

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