

Initials: _____

How often did you fill out your card? 1 2-4 5-6 7

Date Started: _____

Filled out in session? Y/N

TARGET BEHAVIOR(s) [Life threatening / Treatment Interfering / Quality of Life Interfering]: _____

| | Sat | Sun | Mon | Tues | Wed | Thurs | Fri |
|-----------------------|-----|-----|-----|------|-----|-------|-----|
| Type of Urge | | | | | | | |
| Level of Urge (0-5) | | | | | | | |
| Level of Misery (0-5) | | | | | | | |
| Action (Y/N) | | | | | | | |
| Suicidal (0-5) | | | | | | | |
| Rx (Y/N) | | | | | | | |
| | Sat | Sun | Mon | Tues | Wed | Thurs | Fri |
| Peaceful | | | | | | | |
| Accepting | | | | | | | |
| Strong | | | | | | | |
| Curiosity | | | | | | | |
| Love (happiness, joy) | | | | | | | |
| Sadness | | | | | | | |
| Shame / Guilt | | | | | | | |
| Anger | | | | | | | |
| Fear (tense, panicky) | | | | | | | |
| Emptiness | | | | | | | |
| Disgust | | | | | | | |
| _____ | | | | | | | |

Sat: _____

Sun: _____

Mon: _____

Tue: _____

Wed: _____

Thur: _____

Fri: _____

| | | | Sat | Sun | M | Tu | W | Th | F |
|---------------------------|--|---|-----|-----|---|----|---|----|---|
| CORE SKILLS | WHAT to do to engage in mindfulness | Observe | | | | | | | |
| | | Describe | | | | | | | |
| | | Participate | | | | | | | |
| | HOW to engage in mindfulness | One Mindfully | | | | | | | |
| | | Non Judgmentally | | | | | | | |
| Effectively | | | | | | | | | |
| | Wise Mind | | | | | | | | |
| | Validate (self and others) | | | | | | | | |
| INTER- PERSONAL | 3 goals of interpersonal effectiveness | Objective: DEAR MAN Describe, Express, Assert, Reinforce, Mindfully, Act Confident, Negotiate | | | | | | | |
| | | Relationship: GIVE Gentle, Interested, Validating, Easy Mannered | | | | | | | |
| | | Self Respect: FAST Fair, no Apologies, Stick to values, Truthful | | | | | | | |
| | Saying "no," Observing limits | | | | | | | | |
| EMOTION REGULATION | Reduce Vulnerability PLEASE | take care of Physical illness | | | | | | | |
| | | balanced Eating | | | | | | | |
| | | Avoid alcohol/drugs | | | | | | | |
| | | balanced Sleeping | | | | | | | |
| | | balanced Exercise | | | | | | | |
| | Increase Positive | Build Mastery Increase Positive Emotions / Events | | | | | | | |
| | Change Current Let go of Suffering | Act Opposite to Emotion Emotion as a wave (come & go, observe, don't amplify or suppress) | | | | | | | |
| DISTRESS TOLERANCE | Distract ACCEPTS | Activities | | | | | | | |
| | | Contribution | | | | | | | |
| | | Comparisons/ Count blessings | | | | | | | |
| | | Opposite Emotions | | | | | | | |
| | | Pushing Away | | | | | | | |
| | | Thoughts (distract with other thoughts i.e. counting to 10, puzzles) | | | | | | | |
| | | Sensations / Self Soothe with 5 senses | | | | | | | |
| | IMPROVE the moment | Imagery | | | | | | | |
| | | Meaning | | | | | | | |
| | | Prayer | | | | | | | |
| | | Relaxation | | | | | | | |
| | | One thing in the moment | | | | | | | |
| | | Vacation | | | | | | | |
| | | Encouragement | | | | | | | |
| | Accepting Reality | Pros and Cons | | | | | | | |
| | | Observing Breath | | | | | | | |
| | | Half Smiling | | | | | | | |
| | | Awareness | | | | | | | |
| | | Radical Acceptance | | | | | | | |
| | Willingness | | | | | | | | |

| | | | | | | | | | |
|------------------------------|--------------------------------------|--|--|--|--|--|--|--|--|
| Cognitive Distortions | All or nothing thinking | | | | | | | | |
| | Overgeneralization | | | | | | | | |
| | Mental Filter | | | | | | | | |
| | Discounting the Positive | | | | | | | | |
| | Jumping to Conclusions: Mind Reading | | | | | | | | |
| | Fortune Telling | | | | | | | | |
| | Magnification or Minimization | | | | | | | | |
| | Emotional Reasoning | | | | | | | | |
| | Should Statements | | | | | | | | |
| | Labeling | | | | | | | | |
| | Personalization and Blame | | | | | | | | |