DE	ST Skills	Diary Week beg	zinning:							
		Wise Mind	W	T	F	5	5	m	1	
55	What Skills	Observe: just notice (urge surfing)	П						Γ	
Mindfulness	1	Describe: put words on; just the facts							Ī	
2		Participate: enter into the experience							Ī	
lina	9	One mindfully: in the moment							Ī	
0	How Skills	Non-judgmentally: just the facts (Don't judge judging, separate facts from interpretations)							Ī	
		Effectively: focus on what works							Ī	
		Prioritize among interpersonal goals							Ι	
slls	3 goals of interpersonal effectiveness	Consider options for intensity: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect								
Skills		Saying "no" & observing limits			8 9				Ì	
sonal		Objectives effectiveness: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfully, Acting confident, Negotiating)							Ī	
Interpersonal		Relationship Effectiveness: GIVE (Gentle, Interested, Validating, Easy manner)							Ì	
		Self-respect Effectiveness: FAST (Fair, no Apologies, Stick to values, Truthful)	-				$\Box$		t	
_	PLEASE	Take care of Physical illness, Balanced Eating, Avoid alcohol / mood altering drugs							t	
	Master	Balanced Sleeping Balanced Exercise				$\Box$			Ì	
		Build Mastery, Cope Ahead							Ì	
Reg		Increase positive emotions/events* positive events or valued actions	П						Ì	
		Experience my emotion as a wave (Let it come & go, observe, don't amplify or suppress)							Ī	
Emotional	1	Acting opposite to Emotion: Fear=approach, guilt=apologize/ignore, sad=get active,	П						Ì	
oti		anger=avoid, gentleness & empathy· Emotional urges you want to relearn							۱	
Em		Practice loving my emotions (step back, experience, accept, don't judge)							Ì	
	Wise Mind ACCEPTS	Activities* Contribution, Comparison / Count blessings							Ì	
		Opposite Emotions (acting opposite)							l	
- 01		Thoughts (think about something more pleasant)							l	
ess Tolerance		Sensations * Self-soothe with 5 senses*							l	
		Imagery* Meaning* Prayer *Relaxation* One thing in the moment* Vacation							I	
	IMPROVE	Vacation* Encouragement							I	
		Pros / cons						2	I	
Distress	the Moment	Observe the breath							ĺ	
Ä	1	Half-smile							ľ	
	1		•	_	_	_	-	-	t	

\*USED SKILLS O=Not thought about or used \* 1-Thought about, not used, didn't want to \* 2=Thought about, not used, wanted to \*3=Tried but couldn't use the \*4=Tried, could do them but they didn't help \* 5=Tried, could use them, helped \* 6=Didn't try, used them, didn't help \* 7 Didn't try, used them, helped

	Klono- pin	Other escapes	Pain	Sad	Shame	Anger	Fear	Mindful	Medi- tate	Mirror	LEB	Lying	Joy	
Day	#		0-5	0-5	0-5	0-5	0-5	VF	Y/N	y/N		#	0-5	
Wed														
Thurs														
Fri														
Sat														
Sun														
Mon														
Tues														