DBT Skills Diary Week beginning:											
		Wise Mind	W	T	F	5	5	M	τ		
10	What Skills	Observe: just notice (urge surfing)									
nes		Describe: put words on; just the facts									
Mindfulness		Participate: enter into the experience						0			
		One mindfully: in the moment									
	How Skills	Non-judgmentally: just the facts (Don't judge judging, separate facts from interpretations)									
		Effectively: focus on what works	$oxed{oxed}$								
		Prioritize among interpersonal goals									
slli		Consider options for intensity: Priorities, capabilities, timeliness, homework, authority, rights, relationship, reciprocity, goals, respect									
Skills		Saying "no" & observing limits									
nal	3 goals of	Objectives effectiveness: DEAR MAN (Describe, Express, Assert, Reinforce, Mindfully, Acting	П	Г			\Box				
120	interpersonal	confident, Negotiating)	$oxed{oxed}$	oxdot		Ш					
rpe	effectiveness	Relationship Effectiveness: GIVE (Gentle, Interested, Validating, Easy manner)									
Interpersonal		Self-respect Effectiveness: FAST (Fair, no Apologies, Stick to values, Truthful)									
	PLEASE	Take care of Physical illness, Balanced Eating, Avoid alcohol / mood altering drugs									
	Master	Balanced Sleeping Balanced Exercise	$ldsymbol{ldsymbol{ldsymbol{eta}}}$								
		Build Mastery, Cope Ahead									
Reg		Increase positive emotions/events* positive events or valued actions	ᆫ	oxdot		Ш	\Box				
7		Experience my emotion as a wave (Let it come & go, observe, don't amplify or suppress)									
Emotional		Acting opposite to Emotion: Fear=approach, guilt=apologize/ignore, sad=get active,	l								
not		anger=avoid, gentleness & empathy· Emotional urges you want to relearn	_	_							
Ü		Practice loving my emotions (step back, experience, accept, don't judge)									
	Wise Mind	Activities* Contribution, Comparison / Count blessings	$oxed{oxed}$								
		Opposite Emotions (acting opposite)									
e l	ACCEPTS	Thoughts (think about something more pleasant)									
anc		Sensations * Self-soothe with 5 senses*									
Tolerance		Imagery* Meaning* Prayer *Relaxation* One thing in the moment* Vacation	_	lacksquare			\Box				
Distress To	IMPROVE the Moment	Vacation* Encouragement									
		Pros / cons									
ist	one moment	Observe the breath									
4		Half-smile	$ldsymbol{ldsymbol{eta}}$	$ldsymbol{ldsymbol{ldsymbol{eta}}}$							
		Radical Acceptance									

*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

111	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														