|  |  |  |  |
| --- | --- | --- | --- |
| **First Name** | Skills Card Filled Out in Session? Y/N | *How often did you fill out this section? Daily\_\_\_ 2-3x\_\_\_ Once\_\_\_* | Date Started |
| **CORE MINDFULNESS** |
| **Wise Mind** – Use wise mind | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **What Skills:** |  |  |  |  |  |  |  |
| * **Observe:** Notice what’s around you
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| * **Describe:** Put observations in words
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| * **Participate:** Enter the experience
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **How Skills** |  |  |  |  |  |  |  |
| * **Mindfully:** One thing at a time
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| * **Non-judgmentally:** just the facts
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| * **Effectively:** Focus on what works
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **DISTRESS TOLERANCE:** |
| **ACCEPTS:** **A**ctivities, **C**ontribution, **C**ompare, **E**motions, **P**ushing away **T**houghts and **S**ensations | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **IMPROVE:** **I**magery, **M**eaning, **P**rayer, **R**elaxation, **O**ne thing in the moment, **V**acation, **E**ncouragement | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **Self-soothe** with all 5 senses | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **Pros/Cons** | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **Radical acceptance** | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **EMOTIONAL REGULATION** |  |  |  |  |  |  |  |
| **ABC** |
| * **A**ccumulate positive experiences
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| * **B**uild Mastery
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| * **C**ope Ahead
 | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| Engage in **Pleasant Activities** | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **Opposite Action** to current difficult emotion | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **Building Structure**: time management, work, play | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| Working towards **Long-Term Goals**  | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **INTERPERSONAL EFFECTIVENESS** |  |  |  |  |  |  |  |
| **DEAR MAN:** *Getting What You Want***D**escribe, **E**xpress, **R**einforce, **M**indfully, **A**cting confidently, **N**egotiating | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **GIVE:** *Improving the Relationship***G**entle, **I**nterested, **V**alidating, **E**asy manner | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| **FAST:** *Feeling Effective & Keeping Self-Respect)***F**air, no **A**pologies, **S**tick to values, **T**ruthful | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| Cheerleading statements for worry thoughts | Mon | Tues | Wed | Thur | Fri | Sat | Sun |

|  |
| --- |
| **General Target Behaviors** |
| **Date** | **Self-Harm** | **Suicidal** | **Drugs/Alcohol** | **Meds** | **Cut Class** | **Risky Sex** |
|  | Urge0-5 | ActionY/N | Thoughts0-5 | ActionY/N | Urge0-5 | UseY/N | Type  | Taken Y/N | ActionY/N | ActionY/N |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |

|  |
| --- |
| **Individualized Target Behaviors** |
| **Date** | **#1:** | **#2:** | **#3:** | **#4:** |
|  | Urge0-5 | ActionY/N | Urge0-5 | ActionY/N | Urge0-5 | ActionY/N | Urge0-5 | ActionY/N |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

|  |
| --- |
| **Emotions** |
| Date | Anger0-5 | Fear0-5 | Happy0-5 | Anxious0-5 | Sad0-5 | Shame0-5 | Misery0-5 |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |