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| **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 |

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| **General Target Behaviors** | | | | | | | | | | |
| **Date** | **Self-Harm** | | **Suicidal** | | **Drugs/Alcohol** | | | **Meds** | **Cut Class** | **Risky Sex** |
|  | Urge  0-5 | Action  Y/N | Thoughts  0-5 | Action  Y/N | Urge  0-5 | Use  Y/N | Type | Taken  Y/N | Action  Y/N | Action  Y/N |
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| **Individualized Target Behaviors** | | | | | | | | |
| **Date** | **#1:** | | **#2:** | | **#3:** | | **#4:** | |
|  | Urge  0-5 | Action  Y/N | Urge  0-5 | Action  Y/N | Urge  0-5 | Action  Y/N | Urge  0-5 | Action  Y/N |
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| **Emotions** | | | | | | | |
| Date | Anger  0-5 | Fear  0-5 | Happy  0-5 | Anxious  0-5 | Sad  0-5 | Shame  0-5 | Misery  0-5 |
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