

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1. Wise Mind: Reasonable (Rational Mind)/ Emotional Mind / Wise Mind							
2. Observe: Just notice; Have a teflon mind; Be alert to your thoughts & feelings without reacting to them.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
3. Describe: Put words to experiences; JUST THE FACTS! Only describe what you see	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
4. Participate: Just do it; Throw yourself into something. Be One-Mindful.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5. Non-Judgmental Stance: Don't judge others or yourself as good or bad.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6. One-Mindful: Stay focused; Let go of distractions; DO ONE THING AT A TIME.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
7. Effectiveness: While working toward synthesis, Do what works, Play by the rules, let go of vengeance, anger, and who/what is right or wrong	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8. Urge Surfing: Notice urge without acting on it	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
9. Self-Validation: Having compassion for yourself	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
10. Wise Mind ACCEPTS with Activities, <u>C</u> ontribute to others, <u>C</u> ompare to others or a worse time you've been in, create <u>E</u> motions, <u>P</u> ush away bad thoughts, <u>O</u> pposite <u>T</u> hought and feel <u>S</u> ensations	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
11. STOP: <u>S</u> top, <u>T</u> ake a step back, <u>O</u> bserve, <u>P</u> roceed mindfully	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
12. TIPP: <u>T</u> emperature, <u>I</u> ntense exercise, <u>P</u> aced breathing, <u>P</u> rogressive relaxation	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
13. Self-Soothe: using vision, hearing, smell, taste, and touch, all your senses	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
14. Grounding: Deep breathing; Feet on the floor; Naming objects, 3, 2, 1	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
15. IMPROVE: <u>I</u> magine, <u>M</u> eaning, <u>P</u> rayer, <u>R</u> elaxation, <u>O</u> pposite <u>E</u> motion, <u>V</u> acation, <u>E</u> ncouragement	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
16. Pro's and Con's: Of using your Problem Behavior	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
17. Radical Acceptance: Freedom from suffering requires acceptance from deep within; Doesn't mean approve; Accept reality as it is even if you hate it; suffering=pain+ non-acceptance	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
18. Turning the Mind: Shift into a place of willingness	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
19. Alternative Rebellion: More effective ways to rebel	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
20. Coping Ahead: Imagine an upcoming challenge and plan for it ahead of time.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
21. Identify: primary vs. secondary emotions	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
22. Chain Analysis: Identifying: Prompting event, vulnerability factors, chain of events, emotions, thoughts, actions urges, consequences of problem behavior, skills could have used, consequences of using skills	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
23. Opposite Action: to your action urge if in emotion mind	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
24. Problem-Solve: solution- focused goals	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
25. Reduce Vulnerability: <u>A</u> BC Accumulate positive emotions, <u>B</u> uild mastery, <u>C</u> oping ahead and PLEASE (treat Physical Illness, balance Eating, Avoid mood altering drugs, balance Sleep, get Exercise)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
26. Cheerleading Statements for Worry Thoughts: "I can do this! This is temporary"	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
27. OBJECTIVE Effectiveness: <u>D</u> EAR <u>M</u> AN (Describe, Express feelings, Assert Reinforce, stay Mindful (ignore attacks, broken record), <u>A</u> ppear confident, <u>N</u> egotiate)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
28. Keep RELATIONSHIP Effectiveness: <u>G</u> IVE (be Gentle, act Interested, Validate, use an Easy manner)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
29. SELF-RESPECT Effectiveness: <u>F</u> AST (be Fair, No Apologies, Stick to values, be Truthful)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
30. Validate Someone Else: Show empathy; Actively listen; No judging; Reflect back	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
31. THINK: <u>T</u> hink, <u>H</u> ave empathy, <u>I</u> nterpretations, <u>N</u> otice, use <u>K</u> indness, <u>R</u> espond <u>M</u> indfully vs Reacting	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
32. Check the Facts: Ask more questions, make fewer assumptions	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
33. Assertiveness over Aggressiveness: Communicate in a regulated way with words	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
34. Observing Limits vs Setting Limits	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
35. Behavioral Principals: Reinforce someone's action, let them know you see them trying; Do not reinforce dysregulated behavior	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
36. Think Dialectically (non black and white) : <u>A</u> CCCEPT different opinions; don't have to agree, both/and	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
37. Act Dialectically (walk the middle path) : Follow rules and be WILLING to negotiate	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
38. Practicing Relationship Mindfulness: Passively together, actively together, interactively together	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Mindfulness

Distress Tolerance

Emotional Regulation

Interpersonal Effectiveness

Date: _____ This week's target behavior: _____

		Urges to Act on Target Behaviors:					1=Minimal Intensity 10=Highest Intensity								
*Circle if acted on urge	Willing 1-10	Willful (TIB) 1-10	1-10	1-10	1-10	Anxious 1-10	Frustrated 1-10	Bored 1-10	Insecure 1-10	Jealous 1-10	Sad 1-10	Shame 1-10	Anger 1-10	Happy 1-10	Attempt at Skills 1-8
Mon															
Tue															
Wed															
Thu															
Fri															
Sat															
Sun															

Significant Events of the Day/Body Sensations		Positive Activities I Did Today	
Mon		Mon	
Tue		Tue	
Wed		Wed	
Thu		Thu	
Fri		Fri	
Sat		Sat	
Sun		Sun	

Therapy Interfering Behaviors (TIB):
Some examples of Willfulness

- Lying to yourself / dishonesty in tx
- Minimizing problem behaviors
- Not asking for help when needed
- Actively resisting help
- Asking for help but not really wanting help
- Being passive and uninterested in tx

Attempt at Skills:

- 1=did not think about or use skills
- 2=thought about, not used, didn't want to
- 3=thought about, not used, wanted to
- 4= tried but couldn't use skills
- 5=tried skills, but they didn't work
- 6=tried skills, used them and they helped
- 7=automatically used skills and they didn't help
- 8= automatically used skills and they helped