

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>1. Wise Mind:</b> Reasonable (Rational Mind)/ Emotional Mind / Wise Mind							
<b>2. Observe:</b> Just notice; Have a teflon mind; Be alert to your thoughts & feelings without reacting to them.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>3. Describe:</b> Put words to experiences; <b>JUST THE FACTS!</b> Only describe what you see	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>4. Participate:</b> Just do it; Throw yourself into something. Be One-Mindful.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>5. Non-Judgmentally:</b> Don't judge others or yourself as good or bad.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>6. One Mindfully:</b> Stay focused; Let go of distractions; <b>DO ONE THING AT A TIME.</b>	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>7. Effectively:</b> 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.
<b>8. Self-Validation:</b> Having compassion for yourself	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>9. Balancing Being Mind with Doing Mind</b>	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>10. STOP:</b> Stop, Take a step back, <b>Observe</b> , Proceed mindfully	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>11. Urge Surfing:</b> Notice urge without acting on it	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>12. TIPP:</b> Temperature, Intense exercise, Paced breathing, Progressive relaxation	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>13. Wise Mind ACCEPTS</b> with <b>Activities</b> , <b>Contribute</b> to others, <b>Compare</b> to others or a worse time you've been in, opposite <b>Emotions</b> , <b>Push</b> away bad thoughts, opposite <b>Thought</b> and feel <b>Sensations</b>	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>14. Self-Soothe:</b> using vision, hearing, smell, taste, and touch, all your senses	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>15. IMPROVE:</b> Imagine, <b>Meaning</b> , <b>Prayer</b> , <b>Relaxation</b> , <b>Opposite Emotion</b> , <b>Vacation</b> , <b>Encouragement</b>	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>16. Radical Acceptance:</b> 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.
<b>17. Turning the Mind:</b> Shift into a place of willingness	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>18. Mindfulness of Current Thoughts:</b> Having a curious mind to observe thoughts without thought-blending	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>19. Dialectical Abstinence:</b> Achieving Complete Abstinence: When crisis is addiction	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>20. Clear Mind:</b> Synthesis between addict mind and clean mind	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>21. Supportive Environment</b> to sustain stability	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>22. Alternative Rebellion and Adaptive Denial:</b> Using a harm reduction skill to maintain effectiveness	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>23. Identify Emotions:</b> Identify labeling primary versus secondary emotions	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>24. Chain Analysis:</b> To identify events and emotions that led to ineffective behaviors	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>25. Fact Checking:</b> Do emotional reactions fit the facts? No assumptions, ask questions	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>26. Opposite Action:</b> When your emotions don't fit the facts	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>27. Problem Solving:</b> Solve the problem to reduce negative emotions	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>28. Reduce Vulnerability: ABC</b> Accumulate positive emotions, <b>Build</b> mastery, <b>Coping</b> ahead and <b>PLEASE</b> (treat <b>Physical Illness</b> , balance <b>Eating</b> , <b>Avoid</b> mood altering drugs, balance <b>Sleep</b> , get <b>Exercise</b> ).	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>29. Being Mindful</b> (to let go of emotional suffering) and <b>Managing Extreme Emotions</b>	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>30. Holding onto Values and Priorities:</b> To work towards personal goals	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>31. FREE:</b> Fight fear, (do) <b>Random</b> acts of exposure, <b>Enter</b> difficult situations, <b>Embrace</b> emotions,	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>32. Dialectical Thinking and Dialectic Behaviors:</b> Opposites can both have some truth	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>33. Validate others:</b> Show empathy; Actively listen; No judging; Reflect back	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>34. Behavioral Principals:</b> Reinforce someone's action, let them know you see them trying; Do not reinforce dysregulated behavior	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>35. Objective Effectiveness: DEAR MAN</b> (Describe, Express feelings, Assert Reinforce, stay Mindful) (ignore attacks, broken record), <b>Appear</b> confident, <b>Negotiate</b> )	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>36. Relationship Effectiveness: GIVE</b> (be Gentle, act Interested, Validate, use an Easy manner)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>37. Self-Respect Effectiveness: FAST</b> (be Fair, No Apologies, Stick to values, be Truthful)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>38. Creating Mindful Relationships</b> (Creating Authentic Mutual Relationships) and <b>Ending Destructive Relationships</b>	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