



Client Name: _____

Filled out in session? Y N
 How often did you fill out this card?
 ___ Daily ___ 2-3x ___ Once

Date Started

Day & Date	Highest Urge To:			Highest rating each day for:							Drugs						Actions			R E W A R D
	Use	Suicide	S-H	Pain P E	Sad	Shame	Anger	Fear Anxiety	Enjoy- ment	Alcohol	Illegal Drugs	Meds as prescribed	PRN/OTC				S-H	Lying	Skills	
	0-5	0-5	0-5		0-5	0-5	0-5	0-5	0-5	0-5	#	Specify	#	Specify	Y / N	#	Specify	Y / N	#	
Mon																				
Tues																				
Wed																				
Thurs																				
Fri																				
Sat																				
Sun																				

Med Changes:			*USED SKILLS					
			0 = Not thought about or used			4 = Tried, could do them but they didn't help		
Homework for week and Results:			1 = Thought about, not used, didn't want to			5 = Tried, could use them, helped		
			2 = Thought about, not used, wanted to			6 = Used them automatically, didn't help		
			3 = Tried but couldn't use them			7 = Used them automatically, helped		
	Before	After	Belief in control of...			Before	After	Therapist:
Urge to use (0-5):			Emotions (0-5):					Therapist
Urge to quit therapy (0-5):			Behaviors (0-5):					Signature: _____
Urge to harm self (0-5):			Thoughts(0-5):					Reviewed On: _____
Urge for Suicide (0-5):								

C		M	T	W	T	F	S	S	
Core Mindfulness									
		Wise Mind							
	What Skills	Observe: just notice (urge surfing) -You are not your urge; stay on top of it							
		Describe: put words on							
		Participate: enter into the experience-Letting yourself go; get lost in something							
	How Skills	One mindfully: in the moment							
		Non-judgmentally: just the facts, Don't judge judging							
		Effectively: focus on what works, do what needs to be done							
	Interpersonal	Prioritize among interpersonal goals							
Consider options for intensity									
3 goals of interpersonal effectiveness		Objectives effectiveness: DEAR MAN							
		Relationship Effectiveness: GIVE							
	Self-respect Effectiveness: FAST								
Emotional Regulation	Check the Facts: are your emotions/actions justified by the situation								
	Acting opposite to Emotion								
	Problem Solve								
	ABC	Accumulate positives: Do pleasant things that are possible now							
	PLEASE	Build mastery: Do things that make you feel competent and effective							
		Cope Ahead: Rehearse a plan ahead of time							
		Take care of Physical illness							
		Balanced Eating							
		Avoid alcohol / mood altering drugs							
		Balanced Sleeping							
		Balanced Exercise							
		Let go of emotional Suffering: Experience my emotion as a wave							
		Manage Extreme Emotions							
Distress Tolerance	STOP Skill								
	TIPP								
	Pros / cons								
	Distract Skills ACCCEPTS	Activities							
		Contribution (do something for others)							
		Comparison / Count blessings (compare to past self/situations)							
		Opposite Emotions (acting opposite your emotion urge)							
		Pushing away (put on a shelf & lock it away ...will come back to it)							
		Thoughts (think about something more pleasant)							
		Sensations (seek to stimulate...exercise, ice, cold shower, strong taste/smell)							
		Self-soothe with 5 senses							
	IMPROVE the moment	Imagery (send mind to another place)							
		Meaning (find something meaningful in the moment)							
		Prayer (or mantra)							
		Relaxation							
		One thing in the moment							
		Vacation (figuratively or literally)							
		Encouragement (find something in the moment that's good, the benefit, encourage self)							
	Acceptance Skills	Observe the breath							
		Half-smile/ Willing Hands							
Radical acceptance , turning the mind (accept & bring yourself back)									
Willingness									
Middle	Dialectics								
Path	Validation								
Skills	Behaviorism to change Behavior								