

Name:

Date:

**Distress Tolerance Skills**

1. <b>Distract with Activities:</b> Contribute to others, Compare to others, Use emotions, Push away bad thoughts, Think and feel sensations	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
2. <b>Self-Soothe</b> with Vision, Touch, Hearing, Smell and Taste	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
3. <b>IMPROVE the moment</b> by Imagery, Meaning, Prayer, Relaxation, Focusing on one thing in the moment, Vacation, and Encouragement	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
4. <b>Pro's and Con's:</b> Of using your skills	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5. <b>Radical Acceptance:</b> Freedom from suffering requires acceptance from deep within-Doesn't mean approve	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

**Core Mindfulness Skills**

6. <b>Wise Mind:</b> Reasonable (Logical) Mind / Emotional Mind	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
7. <b>Observe:</b> Just notice. Have a teflon mind: Be alert to your thoughts & feelings without reacting on them	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8. <b>Describe:</b> Put words on experiences: JUST THE FACTS!	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
9. <b>Non-Judgmental Stance:</b> Don't judge others or yourself as good/bad, worthy/unworthy, fair/unfair	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
10. <b>One-Mindful:</b> Be right here right now, do one thing at a time, let go of distractions	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
11. <b>Effectiveness:</b> 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.
12. <b>Participate:</b> Do it; Throw yourself into something	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

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**Interpersonal Effectiveness Skills**

13. <b>Objective Effectiveness: DEAR MAN</b> (Describe, Express feelings Assert, Reinforce, stay Mindful, Appear confident, Negotiate)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
14. <b>Keep Relationship: GIVE</b> (be Gentle, act Interested, Validate use an Easy manner)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
15. <b>Self Respect: FAST</b> (be Fair, no Apologies, Stick to values, be Truthful)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

**Emotion Regulation Skills**

16. <b>Reduce Vulnerability: PLEASE</b> (treat Physical Illness, balance Eating, Avoid mood altering drugs, balance Sleep, Exercise)	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
17. <b>Build Mastery:</b> Do something that makes you feel good about yourself and makes you feel in control	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
18. <b>Build Positive Experiences:</b> Do pleasant things that are possible now and will build a life worth living	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
19. <b>Opposite Action:</b> Try things you are afraid of, get active when down	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Urges To:			Emotions						Drugs			Actions		
Self-Harm 0-10	Suicide 0-10	Impulsive Behavior 0-10	Pain 0-10	Sadness 0-10	Shame 0-10	Anger 0-10	Fear 0-10	Joy 0-10	Illicit Specify	Alcohol Specify	Prescrip. Y/N	OTCM Specify	Self-Harm Y/N	Suicide Y/N
Mon.														
Tues.														
Weds.														
Thurs.														
Fri.														
Sat.														
Sun.														
Mon.														
Skills	<p style="text-align: center;"><b>Skills Key</b></p> <p>0=Not thought about it or used            1=Thought about, not used, didn't want to            2=Thought about, not used, wanted to            3=Tried, but couldn't use them            4=Tried, could do them, but didn't help            5=Tried, could use them, helped            6=Didn't try, used them, didn't help            7=Didn't try, used them, helped</p>													
Tues.														
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