

Name: Alice				Date Started: 4/13/2020							Was the card filled out daily? Yes						
Day:	Target Behaviors										Emotions						Skills
	Urges to Restrict Food 0-5	Restricted Food? Y/N and If Yes When?	Urges to Engage in Compulsive Exercise 0-5	Engaged in Compulsive Exercise? Y/N	Intensity of ED Thoughts 0-5	Urges to Smoke Weed 0-5	Smoked Weed? Y/N	# of Cigs Smoked	Self-Care Activity? Y/N and If Yes, What?	Took All Meds? Y/N	Anger 0-5	Sad 0-5	Joy 0-5	Shame 0-5	Fear 0-5	Loneliness 0-5	How they were used
Mon	5	N	5	N	5	5	Y	20	N	Y	3	3	0	5	5	3	4
Tue	2	N	2	N	2	3	N	10	Y - read in bed	Y	0	1	3	3	3	1	5
Wed	1	N	2	N	2	2	N	10	Y - yoga and bath	Y	0	0	5	2	1	0	5
Thu	2	N	2	N	4	4	Y	10	N	Y	1	2	3	4	2	3	1
Fri	3.5	N	3	N	5	3	N	25	Y - Netflix	Y	4	2	2	5	5	4	4
Sat	5	Y - L, AS	0	N	5	3	N	10	N	Y	5	2	0	5	3	3	1
Sun	4	N	5	Y	5	5	N	20	N	Y	5	4	0	5	5	4	4

Important events from the week:

Monday: Stressful day in programming today. Had chocolate cake for someone's goodbye snack. I'm fatter than everyone here. I feel like such a pig.

Tuesday: Good session with my therapist. Going to focus more on self-care and self-compassion this week. I gave myself permission to read in bed as much as I wanted this evening and it was nice.

Wednesday: Went out to dinner with patients after programming today and dinner was much easier than usual. It was nice to spend time with everyone.

Thursday: Friend came over with weed and we smoked. I felt less motivated for treatment and recovery today, although I don't really know why. I just don't know if I can be in this body.

Friday: Met with my RD and she wants me to have pizza this weekend. Not sure I can trust someone who wants me to get fatter in this already fat body. Have to be up early for work, so watched Netflix.

Saturday: Stressful shift at work today. Didn't want to eat lunch or snack and didn't have time to anyway. Ate dinner and went straight to bed.

Sunday: Slower shift at work today. I can't stand by body. I feel so gross. I had to go for a run after dinner (PIZZA). I can't stand being in my own skin. Felt better after running, but still couldn't settle down.

How were the skills used?

0=Not thought about 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, did them, but they didn't help

5=Tried, I Could use them, THEY HELPED!!!

6=Didn't try, used them, didn't help

7=Didn't try, used them, THEY HELPED!!!

DBT SKILLS USED

Su M T W Th F Sa

	Su	M	T	W	Th	F	Sa	
Mindfulness								Wise Mind: Accessed wisdom. Know truth. Be centered and calm. Balanced Emotional Mind and Reasonable Mind. Meditate.
								Observe: Just notice the experience. "Teflon mind." Control your attention. Smell the roses. Experience what is happening.
								Describe: Put experiences into words. Describe to yourself what is happening. Put words on the experience.
								Participate: Enter into the experience. Act intuitively from wise mind. Practice changing the harmful and accepting yourself.
								Nonjudgmental Stance: See but don't evaluate. Unglue your opinions. Accept each moment.
								One-mindfully: Be in-the-moment. Do one thing at a time. Let go of distractions. Concentrate your mind on the task at hand.
								Effectiveness: Focus on what works. Learn the rules. Play by the rules. Act skillfully. Let go of vengeance and useless anger.
Interpers								Objective effectiveness: <i>DEAR MAN</i> Describe. Express. Assert. Reinforce. Mindful. Appear confident. Negotiate.
								Relationship effectiveness: <i>GIVE:</i> Gentle. Interested. Validation. Easy manner.
								Self-respect effectiveness: <i>FAST:</i> Fair. no Apologies. Stick to values. Be Truthful. Cheerleading.
Emot. Reg.								Acquire Positives in the short term: Doing pleasurable things that you can do now
								Acquire positives in the long term: Making choices that match morals and values
								Build MASTERY. Try to do one (hard or challenging) thing a day to make yourself feel competent and in control.
								Cope Ahead: Imagine how you would skillfully cope with an emotional situation before you are in it.
								PLEASE: Reduce Vulnerability: treat Physical illness, balance Eating. Avoid drugs, balance Sleep. Exercise daily
								Opposite-to-emotion action: Change emotions by acting opposite to the current emotion (when it isn't justified). Approach rather than avoid.
								Letting go of emotional suffering: (WAIT) by attending to emotional experiences
Distress tolerance								TIPP: Temperature (ice dunking), Intense Exercise, Progressive Muscle Relaxation, Paced breathing
								Distract: Wise Mind <i>ACCEPTS</i> Activities. Contributing. Comparisons. Emotions. Pushing away. Thoughts. Sensations.
								Self-soothe with the 5 senses. Enjoy sights, sounds, smells, tastes and touch. Be mindful of soothing sensations.
								IMPROVE the moment: Imagery. Meaning. Prayer. Relaxation. One thing in the moment. Vacation. Encouragement.
								Pros and cons: think about the +/- aspects of tolerating distress and the +/- aspects of not tolerating distress.
								Observing your breath: Breathing to center yourself
								Half-smile: If you can't change your feelings, change your face
								Awareness Exercises: Focus attention on allowing yourself to tolerate distress
								Radical Acceptance: Choose to recognize and accept reality. Freedom from suffering = acceptance of facts from deep within / not approval
								Turning the mind: Choosing over and over again to accept even though emotion mind wants to reject reality
							Willingness: Doing what is needed in each situation.	
Others								Validate yourself
								Positively reinforce yourself for being skillful, making positive steps
								Think dialectically: Practice seeing both sides; think 'both ...and' instead of 'either...or'
								Self-compassion: Mindfully notice thoughts and feelings, treat yourself with kindness, and remember your common humanity (you are not alone)