

Day Treatment Daily Tracker

Day	Date	Skill Use Guide	Skills Use						Self-harm	Suicidal Ideation	Daily Joy (1-5)	Daily Misery (1-5)
Mon		0=Not thought about or used 1=Thought about, didn't use, didn't want to 2=Thought about, didn't use, wanted to 3=Tried, but couldn't use them 4=Tried, could use them, but they didn't help 5=Tried, could use them, and they helped 6=Automatic, used them, but they didn't help 7=Automatic, used them, and they helped										
Tues												
Wed												
Thurs												
Fri												
Sat												
Sun												

ACCEPTANCE SKILLS				M	T	W	R	F	S	S	CHANGE SKILLS				M	T	W	R	F	S	S		
WISE MIND: not what you think or feel but what you know											ASSESS RELATIONSHIP FOR SAFETY												
CORE MINDFULNESS	What	OBSERVE: just notice									SELF-VALIDATION												
		DESCRIBE: put words to it									HEALTHY BOUNDARIES												
		PARTICIPATE: get actively involved in what you're doing										DEAR MAN: take care of yourself											
		NON-JUDGMENT: facts, not labeling or opinions										Describe the situation											
CORE MINDFULNESS	How to do it	ONE MINDFULLY AND PATIENT: focus on one thing with patience									Express your feelings												
		EFFECTIVE AND WITH ACCEPTANCE: accept where you are and do what works									Assertive: say what you mean												
		LETTING GO: the goal of doing the mindfulness skills; letting go of all else										Reinforce what they get out of it											
		DISTRACT: move away from misery										Mindful: broken record, ignore											
DISTRESS TOLERANCE	Tolerate and survive crises and accept life as it is	SELF-SOOTHE: soothe each of the five senses									Appear confident												
		IMPROVE THE MOMENT:									Negotiate for what you want												
		Imagery									GIVE: keep the relationship with other												
		Meaning (find something to do)									Gentle												
		Prayer									Interested												
		Relaxation									Validate other												
		One Thing: focus on one thing									Easy Manner												
		Vacation: brief time-out									FAST: respecting yourself												
		Encourage Yourself: cheerlead									Fair												
		PROS AND CONS: problem-solve									(don't) Apologize												
ACCEPT REALITY: you don't have to like it									Stick to your values and principles														
MISERY HIGH	BREATHE									Truthful													
	WALK									WATCH+DO+SHARE: reduce emotional vulnerability by helping others													
	SMILE									NAME EMOTIONS													
	COMMIT TO WELLNESS									REDUCE VULNERABILITY: CARE for yourself													
THINKING ACTION PLAN (TAP)									BUILD MASTERY														
BEHAVIOR ANALYSIS									ACCOMPLISHMENT														
PHONE CONSULT									BUILD PLEASURE & POSITIVE EXPERIENCE														
DO SOMETHING SAFE THAT WORKS!											ACT OPPOSITE HIGH MISERY EMOTIONS												
Notes:											PENDULATION: balance experience & contain												
Homework:											LIVE: Lemonade from lemons												
											Intuitive Self: use WISE MIND												
											Visualize a different outcome												
											Experience something different												