

Daily Skills Tracker

Skill Use Guide	Day	Date	Skills Use						Self-Harm Urges	Self-harm Action	Suicidal Ideation	Daily Joy (1-5)	Daily Misery (1-5)
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	Mon												
	Tues												
	Wed												
	Thurs												
	Fri												
	Sat												
	Sun												

ACCEPTANCE SKILLS										M	T	W	T	F	S	S	CHANGE SKILLS										M	T	W	T	F	S	S						
WISE MIND: thoughts/feeling/body sensations																		ASSESS RELATIONSHIP FOR SAFETY																					
CORE MINDFULNESS	What to do	OBSERVE: just notice																										SELF-VALIDATION											
	How to do it	DESCRIBE: put words to it																HEALTHY BOUNDARIES																					
PARTICIPATE: get actively involved in what you're doing																												DEAR MAN: objectives effectiveness											
NON-JUDGMENT: facts, not labeling or opinions																		Describe the situation																					
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, intensity?																					
DISTRACT: move away from misery																												Reinforce others											
SELF-SOOTHE: soothe each of the five senses																		Mindful: broken record, ignore																					
IMPROVE THE MOMENT:																												Appear confident											
Imagery																		Negotiate for what you want																					
Meaning (find something to do)																												GIVE: relationship effectiveness											
Prayer																		Gentle, intensity?																					
Relaxation																												Interested											
One Thing: focus on one thing																		Validate other																					
Vacation: brief time-out																												Easy Manner											
Encourage Yourself: cheerlead																		FAST: self respect effectiveness																					
PROS AND CONS																												Fair (to self & others)											
RADICAL ACCEPTANCE: you don't have to like it																		(don't) Apologize																					
WILLINGNESS: doing just what is needed																												Stick to your values and principles											
TURNING THE MIND: turn towards acceptance																		Truthful																					
HALF SMILE / WILLING HANDS																												IDENTIFY AND NAME EMOTIONS (sadness, joy, guilt, anger, fear, disgust, loneliness, etc)											
SAFETY PLAN: skills breakdown point																		CHECK THE FACTS																					
STOP: Stop, Take a step back, Observe, Proceed																												ACCUMULATING POSITIVE EMOTIONS											
TIPP: change body, breathe, cold																		BUILD MASTERY / ACCOMPLISHMENT																					
PHONE CONSULT/ONLINE SKILLS COACHING																												COPE AHEAD											
Notes/questions for individual therapist:																		PLEASE: care for body																					
																												OPPOSITE ACTION											
Homework:																		PENDULATION: balance experience & contain																					
																												BEHAVIOR ANALYSIS											
								PROBLEM SOLVING																															
																		COMMIT TO WELLNESS																					

Monday (Date: _____)

Tuesday (Date: _____)

Wednesday (Date: _____)

Thursday (Date: _____)

Friday (Date: _____)

Saturday (Date: _____)

Sunday (Date: _____)