

Life Skills Daily 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																																								
		DESCRIBE: put words to it														HEALTHY BOUNDARIES																																					
		PARTICIPATE: get actively involved in what you're doing								DEAR MAN: objectives effectiveness																																											
How to do it	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?																																									
DISTRESS TOLERANCE	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, etc)																																									
MISERY HIGH	SAFETY PLAN: skills breakdown point								CHECK THE FACTS																																												
	STOP: freeze, step back														ACCUMULATING POSITIVE EMOTIONS																																						
	TIPP: change body, breathe, cold											BUILD MASTERY / ACCOMPLISHMENT																																									
	PHONE CONSULT/ONLINE SKILLS COACHING																	COPE AHEAD																																			
Notes/questions for individual therapist:																																																					
															Homework:																																						