

Dhananjay

Date

Urges to:	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Kill myself							
Hurt myself							
Hurt Others							
Use Alcohol or drugs							

0.No Urge

1.A little

2.Moderate Amount

3.Strong

4.Very Strong

*Place an * next to those lines when you acted on your urge*

Urges to:	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Good,Happy							
Anxious,Tense							
Miserable							
Angry							
Depressed							
Hopeful							
Empty,Alone							
Embrassed							
Physically bad							

MINDFULNESS	Mon	Tues	Wed	Thur	Fri	Sat	Sun
MINDFULNESS							
Observe							
Participate							
Nonjudgemental							
One thing ata a time							
Be effective							
INTERPERSONAL	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Dearman							
Give							
Fast							
EMOTION REGULATION	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Please							
Build Mastery							
Build positive experience							
Oposite-to-emotion-action							
DISTRESS TOLERENCE	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Wise mind distract							
Self Soothie							
Improve the moment							
Pros and cons							

Radical acceptance							
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0.Didn't think about 1.Thought about it 2.Actually Worked on

Goals	Mon	Tues	Wed	Thur	Fri	Sat	Sun

0.No Urge 1.A little 2.Moderate Amount 3.Strong 4.Very Strong