

Diary Card — 2025-03-19

Comments

Date	Comment	Affirmation	5-min Journal
2025-03-18 Tuesday	Some application. Outing to drop off Green Chef box, get groceries, ice cream & muffins. Kept rest of day low energy.	None	Fuck Yeahs: Saffron and Rose finally!!!! Gratitude List: Kulfi substitute, muffins, notes app search Stressors: Some physical tiredness after outing
2025-03-19 Wednesday	Snowball vaccines at vet, shortest visit ever. Coffe+relax after. Ordered in. Ice cream 🥰 finished B99	None	Fuck Yeahs: Doc found no issues with Snowball! Gratitude List: Biryani, ice cream 🥰 , saffron, rose water Stressors: Job a little, loneliness

Behaviour

Date	2025-03-18	2025-03-19
Day	Tuesday	Wednesday
Emotion Mind	2	3
Energy	4	2
Helpless/Victim	3	2
Mindfulness	7	6
Rumination	2	3
Self Care	7	6
Suicidal Ideation	2	1
Suicidal Ideation (Active)	False	False

Emotions

Date	2025-03-18	2025-03-19
Day	Tuesday	Wednesday
Anxiety	1	1
Frustration	2	2
Happiness	3	3
Loneliness	3	3
Love	5	4
Overwhelmed	3	3
Sadness	2	2

Skills

Date	2025-03-18	2025-03-19
Day	Tuesday	Wednesday
Distress Tolerance		
ACCEPTS/Distract	True	True
GRACE	False	False
IMPROVE	True	True
Pros & Cons	False	False
Radical Acceptance	True	False
STOP	False	True
TIPP	False	False
Mindfulness		
Describe	False	False
Effective	True	False
Non-judgmental Stance	True	False
Observe	True	True
One mindfully	False	False
Participate	True	True
Wise Mind	True	True

Emotion Regulation		
Build Mastery	False	False
Check The Facts	False	False
Cope Ahead	True	False
Let go of suffering	False	True
Long Term Positives	True	False
Opposite Action	False	False
PLEASE	True	True
Short Term Positives	True	True
Interpersonal Effectiveness		
Clarify Priorities	False	False
DEAR MAN	False	False
FAST	False	False
GIVE	False	False
Validate		
Challenge Negative/Unhelpful Thoughts	True	True
Validate Me	True	True
Validate Others	False	False