

Name: _____

Week: _____

MINDFULNESS: WHAT TO DO

Yes or No	Notes	MINDFULNESS: WHAT TO DO																			
		OBSERVE			DESCRIBE										PARTICIPATE						
TUES																					
WEDS																					
THUR																					
FRI																					
SAT																					
SUN																					
MON																					
TUES																					

EMOTION REGULATION

INTERPERSONAL EFFECTIVENESS

DISTRESS TOLERANCE

0 to 5 or Yes/No	EMOTION REGULATION										INTERPERSONAL EFFECTIVENESS			DISTRESS TOLERANCE							
	Emotion as a Wave	Opposite Action	Balance Diet	Enough Sleep & Rest	See Doctor When Needed	Time for Self Soothing Activity	Daily Meds	Exercise - be active, work out	Avoid Mind Altering Drugs & Alcohol	Learn Deep Breathing	DREAM UP Skills Get You What You Want	FAST Skills Self-Respect	GIFT Skills Keep Healthy Relationships	Wise Mind ACCEPT	5 Senses	Improve the Moment	Actions and Consequences	Breath Awareness	Half Smile	Awareness	Radical Acceptance
TUES																					
WEDS																					
THUR																					
FRI																					
SAT																					
SUN																					
MON																					
TUES																					

