

Skills Diary Card			Filled out in session?		How often did you fill out this portion?							Date Started:						
First name:			Y N (Circle)		____ Daily ____ 2-3x ____ 4-6x ____ Once							____/____/____						
Circle Start Day	Highest:			Emotions								Meds	Actions					
	Day of Week	Desire to be dead	Urge to commit suicide	Anxious	Fear	Guilt	Happy	Hopeless	Isolated	Confident	Worthless	Focused	Taken as directed	()	()	Attempt suicide	Used helpline	Skills*
	0-5	0-5		0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	Y/N	Hr:min	#	Y/N	Y/N	0-4
MON																		
TUE																		
WED																		
THUR																		
FRI																		
SAT																		
SUN																		
Coming into session			Coming into session emotions															
											RATING SCALE FOR URGES AND EMOTIONS:							
Ability to self-regulate/self-control:			Coming into Session (0-5)								0 = not at all 1 = a bit 2 = somewhat 3 = rather strong 4 = very strong 5 = extremely strong							
Emotions:																		
Actions:											*USED SKILLS							
Thoughts:											0 = Didn't think of using skills, didn't use them 3 = Thought of using skills, used them, helped							

1 = Thought of using skills, didn't use them
 2 = Thought of using skills, used them, didn't help

4 = Thought of using skills, used them, helped a lot

SKILLS									
How often did you fill out this portion? _____ Daily _____ 2-3x _____ 4-6x _____ Once _____ In session									
Instructions: Circle the days you worked on each skill									
Deep breathing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Muscle relaxation (lemon squeezes, etc.)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Relaxation before sleep	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Positive drawings of self	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Listening to music	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Engaging in pleasurable activities	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Talking about positive things	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Playing video, card, or board games	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Baking	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Change the channel	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Positive self	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Wise mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Observe (Just notice what's going on inside)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Describe (Put words on the experience)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Participate (Enter into the experience)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Don't judge (Nonjudgmental stance)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Stay focused (One-mindfully; in the moment)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Do what works (Effectiveness)	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		