

<b>DIARY CARD LEGEND</b>		
<b>RX</b>	Prescription	
<b>DEP</b>	Depression	<b>TG1</b> Target Behaviour 1
<b>ANX</b>	Anxiety	<b>TG2</b> Target Behaviour 2
<b>SI</b>	Suicidal Ideation	<b>UR 1</b> Urges 1
<b>SIB</b>	Self Injurious Behaviour	<b>UR 2</b> Urges 2
<b>TIB</b>	Therapy Interference Behaviour	
<b>ENG</b>	Energy	
<b>SL</b>	Sleep	
<b>EAT</b>	Eating	
<b>EX</b>	Exercise	
<b>MD</b>	Mindfulness	
<b>DEFINITIONS</b>		
<b>LV</b>	Life Vision	Focusing on the life you are working toward
<b>EM</b>	Emotion Mind	Emotional based mind (thinking)
<b>RM</b>	Reason Mind	Facts, logic, evidence based mind (thinking)
<b>TM</b>	Teflon Mind	Not letting things stick to you
<b>US</b>	Urge-Surfing	Riding ebbs and flows of emotions & urges without reacting
<b>BB</b>	Bridge Burning	To remove the means to act on harmful urges
<b>GY</b>	Grounding yourself	To use OB and DE to come back to the here and now
<b>SO</b>	Solved	To apply a values-based system to solving a problem
<b>A2R</b>	Attend to Relationships	To connect with meaningful people in your life
<b>MM</b>	Mood Momentum	To perform balanced behaviours to maintain positive moods
<b>RO</b>	Routine	To use a system for developing routines and schedules that help build a satisfying life
<b>T</b>	Trust	To use a system to learn how to develop trust in a relationship
<b>BO</b>	Boundary	To use a system for observing limits and boundaries in your relationships
<b>V</b>	Validation	To nonjudgmental acknowledge someone's experience
<b>R</b>	Reason	To apply a system for shifting thoughts when needed

<b>SKILLS</b>		
<b>Mindfulness</b> - how you direct your mental process		
<b>MS</b>	Mind States	Emotion, Reason and Wise Mind
<b>NJS</b>	NonJudgmental Stance	To not attach strong opinions or labels to experience
<b>OM</b>	One Mindfulness	Focus attention on one thing. Let go of distractions, continue to refocus
<b>OB</b>	Observe	Notice (Urge surfing) feelings, thoughts, urges, physical sensations, behaviours, information from senses, environment
<b>DE</b>	Describe	Put words on (Just the facts) what you are experiencing
<b>EF</b>	Effectiveness	Focus on what works
<b>PA</b>	Participate	Enter into the experience. Fully, practice, effectively (do what works)
	Beginner's Mind	Don't let past experiences cloud here and now
	Compassion	For self and others
	Tolerance	Experience without judgment or trying to change it
	Patience	Reality unfolds in its own time
	Nonstriving	Be without clinging to a goal or outcome
	Practice	Benefits come from consistency, practice daily
<b>Distress Tolerance</b>		
Tolerating painful emotion, distraction without avoidance, action instead of reaction, managing crisis without making it worse.		
<b>ACCEPTS (ACC)</b>		
	<b>Activities</b>	To keep busy and involved
	<b>Contributing</b>	To do something for others
	<b>Comparison</b>	To see that others struggle too
	<b>Emotions</b>	To do something that creates other emotions
	<b>Push Away</b>	To shelve your problems for later
	<b>Thoughts</b>	To think about something other than your distress
	<b>Sensations</b>	To do something physically engaging

<b>IMPROVE (IM) the moment</b>		
	Imagery	To relax or practice skills visually in your mind
	Meaning	To find the “why” to tolerate a difficult time
	Prayer	To seek connection and guidance from a higher power
	Relaxation	To calm the mind and body
	One Thing at a time	To focus on one thing or one step when life is overwhelming
	Vacation	To take a brief break
	Encouragement	To coach yourself with positive self-talk
<b>Self Soothe (SS)</b>		
	Mindful engagement of the senses to comfort	
	Vision, hearing, smell, taste, touch	
<b>Pros and Cons ( P&amp;C)</b>		
	Weighing the benefits and costs of a choice	
	Make a list, weigh the short-term vs long-term consequences	
<b>Accepting Reality</b>		
<b>RA</b>	Radical Acceptance - To acknowledge “what is” to free yourself from suffering	
<b>EA</b>	Everyday Acceptance - To accept daily inconveniences that occur in life	
<b>Willingness (WI)</b>		
	To remove barriers and do what works in a situation	
<b>Emotional Regulation</b>		
<b>Model of Emotions (Circle of events)</b>		
	Event (Internal or External)	
	Interpretation	
	Emotion	
	Action / Urge	
	Behaviour	
	Consequences	

<b>PLEASED (PL)</b> To use a system of self-care skills		
	<b>Physical Health</b>	What can you do to help keep yourself physically healthy
	<b>List resources &amp; Barriers</b>	Make a list of things you can do for self care and the things that may stop you from doing them
	<b>Eat</b>	Eat three healthy balanced meals, limit sugar and junk food
	<b>Avoid</b>	Avoid mood altering drugs
	<b>Sleep</b>	Sleep between 7 - 10 hours
	<b>Exercise</b>	Exercise at least 20 minutes a day
	<b>Daily</b>	Be sure to do all the above on a daily basis to stay healthy
<b>Build Positive Experiences (BPE)</b>		
	To seek out events that create positive feelings	
<b>Build Mastery (BM)</b>		
	To do things to help you feel competent and in control	
<b>Opposite to Emotion (02E)</b>		
	To do the opposite of the action a negative emotion pulls you to perform	
<b>INTERPERSONAL EFFECTIVENESS</b> Building self-respect, make and maintain relationships, meet wants and needs, setting healthy boundaries		
<b>FAST (FST)</b> To use a system for acting in a way that builds your self respect		
	<b>Fair</b>	Be fair to self and others
	<b>Apologies</b>	No <i>unnecessary</i> apologies or apologies for your beliefs, opinions, or for being you
	<b>Stick to Values</b>	Know your values and what is non-negotiable. Resolve value conflicts effectively
	<b>Truthful</b>	Avoid exaggerations, excuses, and lies. Be accountable for yourself and others
<b>GIVE (GV)</b> To use a system for acting in a way that builds and maintains relationships		
	<b>Genuine</b>	Be authentic and real, and act from your true self
	<b>Interest</b>	Make eye contact, show interest to be interested, allow reciprocity in interactions
	<b>Validate</b>	Acknowledge what you heard without judging or fixing. Focused on the other person!
	<b>Easy Manner</b>	Use honour, smile and be easygoing

**DEAR MAN (DM)** To use a system for asserting yourself, saying no, or setting a boundary

<b>Describe</b>	Describe the details of the situation
<b>Express</b>	Express your emotions and thoughts
<b>Assert</b>	Assert by asking for what you want (or saying no)
<b>Reinforce</b>	Reinforce by rewarding, not punishing
<b>Mindful</b>	Stay focused on the issue (attacks, distraction, broken record)
<b>Appear</b>	Appear confident (talk, walk, act)
<b>Negotiate</b>	Be willing to offer or ask for an alternative

**VALIDATE (V)** To use a system to learn how to develop trust in a relationship

<b>Value Others</b>	Seeking the inherent value in others is essential to validation
<b>Ask Questions</b>	Use questions to draw out others' experience
<b>Listen and Reflect</b>	Listen to other's answers to your questions and reflect back the major themes
<b>Identify with Others</b>	Work to see the world through the eyes of others
<b>Discuss Emotions</b>	Talk about other's feelings and how they affect them from their perspective
<b>Attend to Nonverbals</b>	Notice other's nonverbal communication to give you information about their experience
<b>Turn the Mind</b>	Validation does not mean that we agree with others. Turning the mind is especially important when it is difficult to relate and during conflicts
<b>Encourage Participation</b>	Validation can be a difficult process at times, so we need to encourage ourselves and others to be engaged with each other