PLEASED SKILL

Use this worksheet to monitor your use of the PLEASED Skills. Improving your PLEASED skills significantly impacts how you feel and lowers your vulnerability to feeling negative and intense emotions. PLEASED skills require daily attention and follow through.

Physical Health/Care
List resources and barriers
Eating healthy
Avoid mood altering drugs
Sleep between 7 to 10 hours
Exercise at least 20 minutes
Daily

WHO WHAT WHERE WHEN	WHAT MIGHT GET IN THE WAY?

- PLEASED skill: _____

  Distress/urge level before: _____ Distress/urge level after: _____

- PLEASED skill: _____

  Distress/urge level before: _____ Distress/urge level after: _____

- PLEASED skill: _____

  Distress/urge level before: _____ Distress/urge level after: _____

- PLEASED skill: _____

  Distress/urge level before: _____ Distress/urge level after: _____