



# ADOLESCENT DIARY CARD

Name: \_\_\_\_\_ Date Range: \_\_\_\_\_ How often did you fill out?  daily  2-3x  Once

Day & Date	Sadness 0-5	Shame 0-5	Anger 0-5	Fear 0-5	Agitation 0-5	Joy 0-5	S-H Urge 0-5	S-H Action Y/N	SI 0-5	Suicide Action Y/N	Additional Target:	Additional Target:	Used Skills 0-5	Notes:

**RATING SCALE:** 0 = none 1 = minimal 2 = mild 3 = moderate 4 = strong 5 = intense      **URGE TO QUIT:** Individual therapy (0-5) \_\_\_\_\_ Group therapy (0-5) \_\_\_\_\_

**USED SKILLS:** 0 = Didn't think about using      2 = Thought about using, wanted to use, but didn't      4 = Used them, helped  
 1 = Thought about using, but didn't want to use      3 = Used them, but didn't help      5 = Didn't need them, but practiced

Instructions: Circle the days you worked on each skill		How often did you use phone consult? <input type="radio"/> daily <input type="radio"/> 2-3x <input type="radio"/> Once <input type="radio"/> None							
CORE MINDFULNESS	1. Wise Mind: balance mind states	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	2. Observe: just notice	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	3. Describe: put words on	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	4. Participate: enter into experience	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	5. Non-judgemental stance	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	6. One-mindfully: in-the-moment	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	7. Do what works	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
DISTRESS TOLERANCE	8. Distract: ACCEPTS	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	9. Self-soothe with the senses	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	10. IMPROVE the moment	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	11. Pros and cons	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	12. TIPP	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	13. Accepting reality (e.g., half-smile; breathing)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
EMOTIONAL REG.	14. Reduce vulnerability: PLEASE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	15. Accumulate positives	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	16. Build mastery, cope ahead	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	17. Mindfulness to positives	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	18. Opposite-to-emotion action	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
INTERNAL EFF.	19. Objective effectiveness: DEAR MAN	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	20. Relationship effectiveness: GIVE	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	22. Self-respect effectiveness: FAST	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
MIDDLE PATH	23. Dialectical thinking	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	24. Validation (self and others)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	25. Self-management	Mon	Tue	Wed	Thu	Fri	Sat	Sun	