

Name:	Date:						
1. Wise mind	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2. Observe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3. Describe	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4. Participate	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5. Nonjudgmental stance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6. One-mindfully: in-the-moment	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7. Effectiveness: focus on what works	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8. ACCEPTS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9. IMPROVE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10. Pros and Cons	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
11. Urge Surfing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
12. Acceptance: Turning the mind, being willing	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
13. Walking the middle ground	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
14. GIVE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
15. Model of emotions	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
16. PLEASE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
17. Acting Opposite	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
18. Building positive emotional experiences	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19. Building mastery	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
20. Valued living	Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Day	Urges to...		Emotions						Actions			
	Use drugs	Smoke	Pain	Sad	Shame	Anger	Fear	Joy	Focus on others	Swear	Lash out/react	Used Skills
	0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5	#	#	#	0-5
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

USED SKILLS		
0 = Not thought about or used	2 = Thought about, not used, wanted to	4 = Tried, could use them but they didn't help
1 = Thought about, not used, didn't want to	3 = Tried but couldn't use them	5 = Tried, could use them, helped

Notes about my week:
