**Skills Used**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** |  |  |  |  |  |  |  |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
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|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **24.** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **25.** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **26.** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **27.** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |

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| **Day & Date** | **Urges to...** | | **Emotions** | | | | | | | | | | **Actions** | |  | | |
| **Suicide** | **S-H** | **Pain** | **Sad** | **Shame** | **Anger** | **Fear** | **Disgust** | **Envy** | **Jealousy** | **Guilt** | **Agit.** | **S-H** | **Lying** | **Joy** | **Skills** | **R** |
| **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **0-5** | **Y/N** | **#** | **0-5** | **0-7** | **√** |
| **Mon** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tues** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Wed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Thurs** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fri** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sat** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sun** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Used Skills**  **0 = Not thought about or used**  **1 = Thought about, not used, didn’t want to**  **2 = Thought about, not used, wanted to**  **3 = Tried but couldn’t use them** | **4 = Tried, could do them but they didn’t help**  **5 = Tried, could use them, helped**  **6 = Didn’t try, used them, didn’t help**  **7 = Didn’t try, used them, helped** |

Download and modify this card for yourself at http://www.dbtselfhelp.com/html/extras.html