

Initials: _____ Date Start Card: _____ OC Theme this week: _____

Circle Start Day	0-5 Y/N Y/N			Private Behaviors, Thoughts, Sensations, Emotions, Urges (Rate 0-5)						Social Signals - a behavior that sends a message to others (Rate 0-5)						Notes
	Urge for Suicide	Take Meds as Prescribed	Other Drugs & Alcohol													
MON																
TUE																
WED																
THUR																
FRI																
SAT																
SUN																

<p>Valued Goals:</p>	<p>Rate between 0 and 5 your experience of the therapeutic relationship just prior to the session:</p> <p>Feeling understood by therapist: _____</p> <p>Experiencing therapy as relevant to your unique problems: _____</p>
	<p>Rate (0-5) your action-urges just prior to coming into session:</p> <p>Quit _____</p> <p>Therapy: _____</p> <p>Give Up: _____</p>
<p>Self Enquiry Questions:</p>	

Radical Openness Skills	Handout	Circle each day you practiced that skill						
Flexible-Mind DEF(initely): Three steps for Radically Open Living	1.B	Mon	Tues	Wed	Thu	Fri	Sat	Sun
The Big Three + 1: Activating Social Safety	3.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced Loving-Kindness Meditation: Maximizing Social Safety	4.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind VARIEs: Engaging in Novel Behavior	5.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind SAGE skills: Dealing with Shame, Embarrassment, feeling Rejected or Excluded	8.A	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind is DEEP: Using Values to Guide Social-Signaling	10.2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced Being Kind to Fixed-Mind	11.2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced Learning from Fatalistic-Mind	11.3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced Going Opposite to Fatalistic-Mind	11.B	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced the Awareness Continuum	12.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Mindfulness What Skills: Observe	12.2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Mindfulness What Skills: Describe	12.2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Mindfulness What Skills: Participate without Planning	12.2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Mindfulness How Skill: Self-Enquiry	13.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Mindfulness How Skill: Awareness of Harsh Judgments	14.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Mindfulness How Skill: One-Mindful Awareness	14.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Mindfulness How Skill: Effectively and with Humility	14.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced Identifying Push-Backs & Don't-Hurt-Me Responses	16.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind REVEALS: Responding with Interpersonal Integrity	16.3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind ROCKs-ON: Enhancing Interpersonal Kindness	17.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced Kindness First and Foremost	17.2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced Open-Minded Assertiveness: PROVE skills	18.A	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind Validates: Signaling Social Inclusion	19.A	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind ALLOWS: Enhancing Social Connectedness	21.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Practiced MATCH +1: Establishing Intimate Relationships	21.2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind ADOPTS: Being Open to Feedback	22.1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind DARES: Managing Unhelpful Envy	27.A	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind is LIGHT: Changing Bitterness	28.A	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Flexible-Mind has HEART: Learning How to Forgive	29.A	Mon	Tues	Wed	Thu	Fri	Sat	Sun