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| [**N owMattersNow.org**](https://www.nowmattersnow.org/) **Diary Card** | | | | | | | | |
| **Beginner Card:**  Mon - Fri Intensity Ratings Use 0 (not at all) to 5 (very high or all the way) to rate Stress and  Urge levels, or how intently you did the skill. Or, just use a X to indicate yes.  \*Rate Urge and Stress level before and after skill (eg *4, 4*).  Choose one skill for each day. It’s okay to do more than one a day, but starting small can be useful.  Please use in coordination with [NowMattersNo](https://www.nowmattersnow.org/wp-content/uploads/2018/10/0.-NowMattersNow.org-Safety-Plan-Website-Version.pdf) [w.org Safety](https://www.nowmattersnow.org/wp-content/uploads/2018/10/0.-NowMattersNow.org-Safety-Plan-Website-Version.pdf) [Plan](https://www.nowmattersnow.org/wp-content/uploads/2018/10/0.-NowMattersNow.org-Safety-Plan-Website-Version.pdf) and [Guide](https://www.nowmattersnow.org/wp-content/uploads/2018/10/1.-NowMattersNow.org-Safety-Plan-Guide-Website-Version.pdf).  Stress is the general term we are using. It includes being upset, angry, sad, lonely, anxious, and more. | **Opposite Action (OA)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Describe Urge\* |  |  |  |  |  |  |  |
| Opposite Ideas |  |  |  |  |  |  |  |
| Act opposite with attention, body, behavior, thoughts, voice tone |  |  |  |  |  |  |  |
| Act opposite --all the way-- for at least 3 mins |  |  |  |  |  |  |  |
| Notes\* |  |  |  |  |  |  |  |
| **Paced Breathing (PB)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Describe Urge\* |  |  |  |  |  |  |  |
| Make exhale longer & record count |  |  |  |  |  |  |  |
| PB \*all the way\* for at least 3 mins |  |  |  |  |  |  |  |
| Notes\* |  |  |  |  |  |  |  |
| **Mindfulness (MF)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Describe Thoughts\* |  |  |  |  |  |  |  |
| Ask “Is what I’m paying attention useful?” |  |  |  |  |  |  |  |
| Choose to pay attention to what is useful |  |  |  |  |  |  |  |
| Choose what to pay attention to for at least 3 mins |  |  |  |  |  |  |  |
| Notes\* |  |  |  |  |  |  |  |
| **Mindfulness of Current Emotion (MCE)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Describe Urge\* |  |  |  |  |  |  |  |
| Scan core body for sensations |  |  |  |  |  |  |  |
| Chose one to be mindful of one |  |  |  |  |  |  |  |
| Inattentive of thoughts (worries, judgements, etc.) for 1 min |  |  |  |  |  |  |  |
| While also attentive of one sensation |  |  |  |  |  |  |  |
| Notes\* |  |  |  |  |  |  |  |
| **On Fire Steps (Stop, Drop, Roll)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Record what you did: R = Reminded self of step, P = Practiced step, A = Did step In Urgent Situation | | | | | | | |
| STOP: Stop! Wait to act in extreme time of stress |  |  |  |  |  |  |  |
| DROP: Drop your stress with cold. Reset your body |  |  |  |  |  |  |  |
| ROLL: Roll away painful thoughts. Find others, look in their eyes |  |  |  |  |  |  |  |

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| **NowMattersNow.org Diary Card** | | | | | | | | |
| **Beginner Card:** | **Opposite Action (OA)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Describe Urge\* *stay in bed, not answer phone, avoid work email* |  | *5,5* |  |  |  | *5,4* |  |
| Mon - Fri Intensity Ratings  Use 0 (not at all) to 5 (very high or all the way) to rate Stress and Urge levels, or how intently you did the skill. Or, just use X for Yes. | Opposite Ideas *turn on dance music, sit up in bed, walk to shower, feel water on skin* |  | *x* |  |  |  | *x* |  |
| Act opposite with attention, body, behavior, thoughts, voice tone |  | *4* |  |  |  | *4* |  |
| Act opposite --all the way-- for at least 3 mins |  | *5* |  |  |  | *3* |  |
| Notes\* *got out of bed sooner, didn’t turn on dance music, will try next time* |  | *4,4.5* |  |  |  | *3,4* |  |
| **Paced Breathing (PB)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Describe Urge\* *Call my ex. Go out and drink. Avoid feeling alone.* | *4,5* |  |  |  |  |  |  |
| Make exhale longer & record count *My count was 3 in and 5 out.* | *3 & 5* |  |  |  |  |  |  |
| Paced Breathing \*all the way\* for at least 3 mins | *x* |  |  |  |  |  |  |
| Notes\* *Would have been harder to not drink w/out PB* | *3,5* |  |  |  |  |  |  |
| \*Rate Urge and Stress level before and after skill (eg *4, 4*). | **Mindfulness (MF)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
| Describe Thoughts\* *I hate my life. What is wrong with me? I can’t handle this.* |  |  |  | *5,5* |  |  |  |
| Ask “Is what I’m paying attention to useful?” |  |  |  | *x* |  |  |  |
| Choose to pay attention to what was useful without judgment |  |  |  | *3* |  |  |  |
| *For OA: I’m thinking about how to do at work. Not sure yet.* |
| Choose what to pay attention to for at least 3 mins. *Ask about friend’s life & fully listen.* |  |  |  | *4* |  |  |  |
| Notes\* |  |  |  | *3,4* |  |  |  |
| **Mindfulness of Current Emotion (MCE)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
|  | Describe Urge\* *Scream in a meeting at work :)* |  |  | *5,4* |  |  |  |  |
| *For MF It was hard to let go of judgment. I gave myself a 3/5 because I did it half the way.* | Scan core body for sensations *Cold on my back, spidery feelings on shoulders, sinking stomach* |  |  | *x* |  |  |  |  |
| Choose one to be mindful of one *Cold sensation in center of back, about 10 inch across circle* |  |  | *x* |  |  |  |  |
| Inattentive of thoughts (worries, judgements, etc.) for 1 min |  |  | *3* |  |  |  |  |
| While also attentive of one sensation |  |  | *3* |  |  |  |  |
| Notes\* *Glad I practiced this, it made the meeting easier. Think I should try to do it regularly.* |  |  | *3/4* |  |  |  |  |
| **On Fire Steps (Stop, Drop, Roll)** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |
|  | Record what you did: R = Reminded self of step, P = Practiced step, A = Did step In Urgent Situation | | | | | | | |
|  | STOP: Stop! Wait to act in extreme time of stress  *R, P = Waited 10 mins to respond to frustrating text from daughter, A = Traffic accident Sun.* | *R* | *R* | *R, P* | *R* | *R,*  *P* | *R* | *A* |
|  | DROP: Drop your stress with cold. Reset your body  *P = Drank glass of very cold water Wed, P = Used Ice-Pack on back of neck Fri, A = Cold water in sink* | *R* | *R* | *R, P* | *R* | *R,*  *P* | *R* | *A* |
|  | ROLL: Roll away painful thoughts. Find others, look in their eyes  *R, P= Sent caring message(s): Daughter, wife. A = Video messaged wife once away from physical danger* | *R* | *R* | *R, P* | *R* | *R,*  *P* | *R* | *A* |