

NowMattersNow.org Diary Card

	Opposite Action (OA)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>Beginner Card:</p> <p><u>Mon - Fri Intensity Ratings</u> 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.</p> <p>*Rate Urge and Stress level before and after skill (eg 4, 4).</p> <p>Choose one skill for each day. It's okay to do more than one a day, but starting small can be useful.</p> <p>Please use in coordination with NowMattersNow.org Safety Plan and Guide.</p> <p>Stress is the general term we are using. It includes being upset, angry, sad, lonely, anxious, and more.</p>	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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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 X for Yes. *Rate Urge and Stress level before and after skill (eg 4, 4). For OA: I'm thinking about how to do at work. Not sure yet. For MF It was hard to let go of judgment. I gave myself a 3/5 because I did it half the way.	Describe Urge* <i>stay in bed, not answer phone, avoid work email</i>		5,5				5,4	
	Opposite Ideas <i>turn on dance music, sit up in bed, walk to shower, feel water on skin</i>		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* <i>got out of bed sooner, didn't turn on dance music, will try next time</i>		4,4.5				3,4	
	Paced Breathing (PB)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Describe Urge* <i>Call my ex. Go out and drink. Avoid feeling alone.</i>	4,5						
	Make exhale longer & record count <i>My count was 3 in and 5 out.</i>	3 & 5						
	Paced Breathing *all the way* for at least 3 mins	x						
	Notes* <i>Would have been harder to not drink w/out PB</i>	3,5						
Mindfulness (MF)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Describe Thoughts* <i>I hate my life. What is wrong with me? I can't handle this.</i>				5,5				
Ask "Is what I'm paying attention to useful?"				x				
Choose to pay attention to what was useful without judgment				3				
Choose what to pay attention to for at least 3 mins. <i>Ask about friend's life & fully listen.</i>				4				
Notes*				3,4				
Mindfulness of Current Emotion (MCE)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Describe Urge* <i>Scream in a meeting at work :)</i>			5,4					
Scan core body for sensations <i>Cold on my back, spidery feelings on shoulders, sinking stomach</i>			x					
Choose one to be mindful of one <i>Cold sensation in center of back, about 10 inch across circle</i>			x					
Inattentive of thoughts (worries, judgements, etc.) for 1 min			3					
While also attentive of one sensation			3					
Notes* <i>Glad I practiced this, it made the meeting easier. Think I should try to do it regularly.</i>			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 <i>R, P = Waited 10 mins to respond to frustrating text from daughter, A = Traffic accident Sun.</i>	R	R	R P	R	R P	R	A	
DROP: Drop your stress with cold. Reset your body <i>P = Drank glass of very cold water Wed, P = Used Ice-Pack on back of neck Fri, A = Cold water in sink</i>	R	R	R P	R	R P	R	A	
ROLL: Roll away painful thoughts. Find others, look in their eyes <i>R, P = Sent caring message(s): Daughter, wife. A = Video messaged wife once away from physical danger</i>	R	R	R P	R	R P	R	A	