

URGES & BEHAVIORS

**Suicidal ideation Urges:** Avg 1.0, Max 1, 4d  
**Self-harm Urges:** Avg 1.0, Max 1, 3d  
**Substance use Urges:** Avg 1.0, Max 1, 1d  
**Self-harm occurred:** 2x (Mon, Fri)  
**Substance use occurred:** 2x (Sat, Sun)

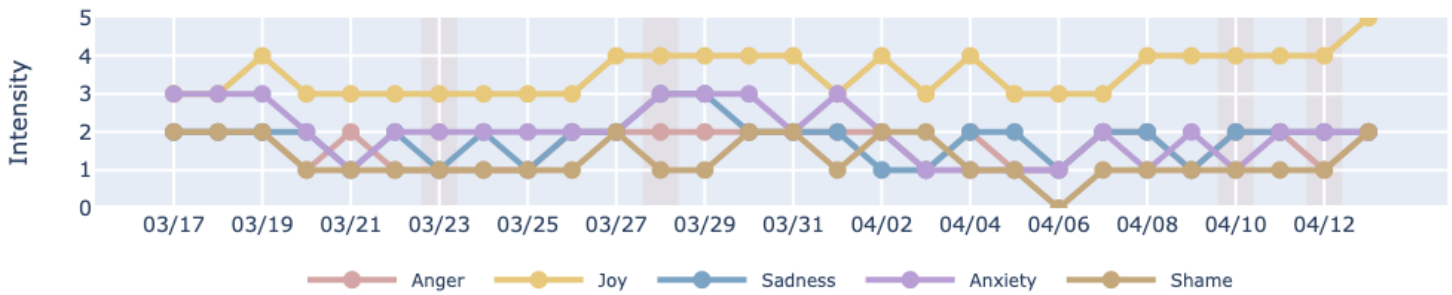
KEY METRICS

Entries: 28/28  
 Medication: 93%  
 Sleep (avg): 3.7/5  
 Top Skills: One-mindfully (4) DEAR MAN (4) Participate (4)  
 Non-judgmental Stance (4) GIVE (4)

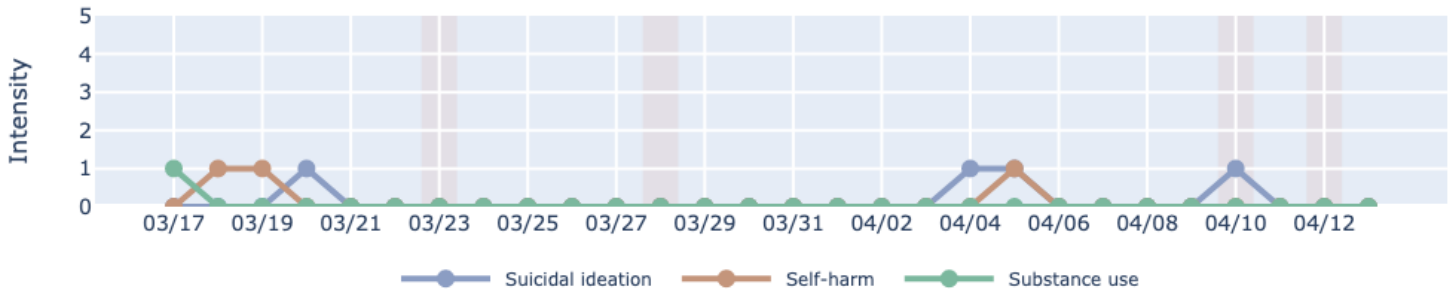
WEEKLY COMPARISON



EMOTIONAL TRENDS



URGES



DAILY BREAKDOWN

Date	Top Emotions	Urges & Behaviors	Skills	Notes
Tue 03/17	Joy(3), Anxiety(3), Anger(2), Sadness(2), Shame(2)	SU: 1	STOP, Accumulate Positives	Opposite action: went to class even though I wante...
Wed 03/18	Joy(3), Anxiety(3), Anger(2), Sadness(2), Shame(2)	SE: 1	Accumulate Positive Emotions, Describe	Checked the facts on the work email before respond...
Thu 03/19	Joy(4), Anxiety(3), Anger(2), Sadness(2), Shame(2)	SE: 1	Observe, One-mindfully	Half-smile and willing hands on the commute. Less ...
Fri 03/20	Joy(3), Sadness(2), Anxiety(2), Anger(1), Shame(1)	SU: 1	Opposite Action, PLEASE, One-mindfully	Took meds on time all day. Small thing but it adds...
Sat 03/21	Joy(3), Anger(2), Sadness(1), Anxiety(1), Shame(1)	—	DEAR MAN, Observe, Describe	Good day. Nothing dramatic. Took the win.
Sun 03/22	Joy(3), Sadness(2), Anxiety(2), Anger(1), Shame(1)	—	DEAR MAN, Participate	Journalled about the conversation with my sister. L...
Mon 03/23	Joy(3), Anxiety(2), Anger(1), Sadness(1), Shame(1)	Self-harm occurred	FAST, Validation, Non-judgmental Stance	Self-soothe with tea and a hot shower tonight.
Tue 03/24	Joy(3), Sadness(2), Anxiety(2), Anger(1), Shame(1)	—	IMPROVE, FAST	Used TIPP when I noticed the urge rising. Rode it ...
Wed 03/25	Joy(3), Anxiety(2), Anger(1), Sadness(1), Shame(1)	—	Wave Skill	Opposite action: went to class even though I wante...

Date	Top Emotions	Urges & Behaviors	Skills	Notes
Thu 03/26	Joy(3), Anger(2), Sadness(2), Anxiety(2), Shame(1)	—	ACCEPTS IMPROVE Accumulate Positives	Used DEAR MAN with my roommate about the dishes. I...
Fri 03/27	Joy(4), Anger(2), Sadness(2), Anxiety(2), Shame(2)	—	Check the Facts Cope Ahead	Slept poorly. Tried mindfulness of current emotion...
Sat 03/28	Joy(4), Sadness(3), Anxiety(3), Anger(2), Shame(1)	Substance use occurred	Accumulate Positive Emotions Describe Non-judgmental Stance	Long walk by the water. Grounding.
Sun 03/29	Joy(4), Sadness(3), Anxiety(3), Anger(2), Shame(1)	—	Self-Soothe DEAR MAN Non-judgmental Stance	Journalled about the conversation with my sister. L...
Mon 03/30	Joy(4), Anxiety(3), Anger(2), Sadness(2), Shame(2)	—	Build Mastery One-mindfully	Took meds on time all day. Small thing but it adds...
Tue 03/31	Joy(4), Anger(2), Sadness(2), Anxiety(2), Shame(2)	—	Opposite Action GIVE THINK	Slept poorly. Tried mindfulness of current emotion...
Wed 04/01	Joy(3), Anxiety(3), Anger(2), Sadness(2), Shame(1)	—	GIVE	Noticed shame spiral starting. Named it, let it pa...
Thu 04/02	Joy(4), Anger(2), Anxiety(2), Shame(2), Sadness(1)	—	Self-Soothe (5 Senses)	Half-smile and willing hands on the commute. Less ...
Fri 04/03	Joy(3), Shame(2), Anger(1), Sadness(1), Anxiety(1)	—	Cope Ahead THINK	Took meds on time all day. Small thing but it adds...
Sat 04/04	Joy(4), Anger(2), Sadness(2), Anxiety(1), Shame(1)	SU: 1	Self-Soothe GIVE	Slept poorly. Tried mindfulness of current emotion...
Sun 04/05	Joy(3), Sadness(2), Anger(1), Anxiety(1), Shame(1)	SU: 1, SE: 1	TIPP	Long walk by the water. Grounding.
Mon 04/06	Joy(3), Anger(1), Sadness(1), Anxiety(1), Shame(0)	—	STOP Radical Acceptance Participate	Journalled about the conversation with my sister. L...
Tue 04/07	Joy(3), Anger(2), Sadness(2), Anxiety(2), Shame(1)	—	Radical Acceptance	Woke up tense but used paced breathing before work...
Wed 04/08	Joy(4), Anger(2), Sadness(2), Anxiety(1), Shame(1)	—	Observe Participate One-mindfully	Hard morning — named the emotion instead of reacti...
Thu 04/09	Joy(4), Anxiety(2), Anger(1), Sadness(1), Shame(1)	—	Self-Soothe (5 Senses) Wave Skill	Walked at lunch. Felt my shoulders drop halfway th...
Fri 04/10	Joy(4), Anger(2), Sadness(2), Anxiety(1), Shame(1)	SU: 1, Self-harm occurred	DEAR MAN Validation Non-judgmental Stance	Used TIPP when I noticed the urge rising. Rode it ...
Sat 04/11	Joy(4), Anger(2), Sadness(2), Anxiety(2), Shame(1)	—	Self-Soothe (5 Senses) Effectively	Checked the facts on the work email before respond...
Sun 04/12	Joy(4), Sadness(2), Anxiety(2), Anger(1), Shame(1)	Substance use occurred	Self-Soothe GIVE	Took meds on time all day. Small thing but it adds...
Mon 04/13	Joy(5), Anger(2), Sadness(2), Anxiety(2), Shame(2)	—	Willing Hands/Half Smile Accumulate Positive Emotions Participate	Journalled about the conversation with my sister. L...

(\*) indicates backdated entry

## WEEKLY BREAKDOWN

### Week of Mar 17 - Mar 23

Entries	Sleep Avg	Meds
7/7	3.3/5	100%
<b>Emotions:</b>		
Anger: 1.6	Joy: 3.1	Sadness: 1.7
Anxiety: 2.3	Shame: 1.4	
<b>Urges:</b>		
Suicidal ideation: 0.1	Self-harm: 0.3	Substance use: 0.1
<b>Behaviors: Self-harm occurred (1x)</b>		
<b>Skills:</b> DEAR MAN (2x) Observe (2x) Describe (2x) One-mindfully (2x) FAST (1x)		

### Week of Mar 24 - Mar 30

Entries	Sleep Avg	Meds
7/7	3.9/5	100%
<b>Emotions:</b>		
Anger: 1.7	Joy: 3.6	Sadness: 2.1
Anxiety: 2.4	Shame: 1.3	
<b>Urges:</b>		
Suicidal ideation: 0.0	Self-harm: 0.0	Substance use: 0.0
<b>Behaviors: Substance use occurred (1x)</b>		
<b>Skills:</b> Non-judgmental Stance (2x) IMPROVE (2x) Build Mastery (1x) One-mindfully (1x) Self-Soothe (1x)		

### Week of Mar 31 - Apr 06

Entries	Sleep Avg	Meds
7/7	3.7/5	100%
<b>Emotions:</b>		
Anger: 1.6	Joy: 3.4	Sadness: 1.6
Anxiety: 1.6	Shame: 1.3	
<b>Urges:</b>		
Suicidal ideation: 0.3	Self-harm: 0.1	Substance use: 0.0
<b>Skills:</b> GIVE (3x) THINK (2x) STOP (1x) Radical Acceptance (1x) Participate (1x)		

### Week of Apr 07 - Apr 13

Entries	Sleep Avg	Meds
7/7	4.0/5	71%
<b>Emotions:</b>		
Anger: 1.7	Joy: 4.0	Sadness: 1.9
Anxiety: 1.7	Shame: 1.1	
<b>Urges:</b>		
Suicidal ideation: 0.1	Self-harm: 0.0	Substance use: 0.0
<b>Behaviors: Self-harm occurred (1x), Substance use occurred (1x)</b>		
<b>Skills:</b> Participate (2x) Self-Soothe (5 Senses) (2x) Willing Hands/Half Smile (1x) Accumulate Positive Emotions (1x) Self-Soothe (1x)		