

URGES & BEHAVIORS

Suicidal ideation Urges: Avg 1.0, Max 1, 1d
 Self-harm Urges: None
 Substance use Urges: None
 Self-harm occurred: 1x (Fri)
 Substance use occurred: 1x (Sun)

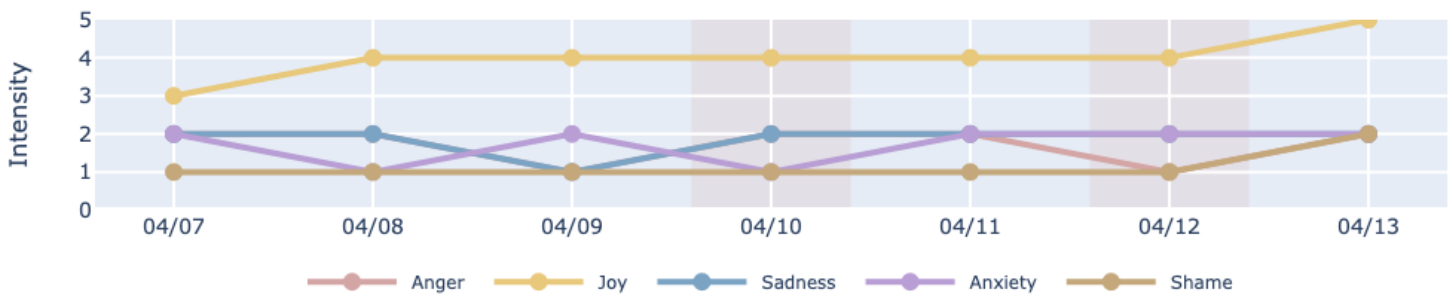
KEY METRICS

Entries: 7/7
 Medication: 71%
 Sleep (avg): 4.0/5
 Top Skills: Participate (2) Self-Soothe (5 Senses) (2)
 Radical Acceptance (1) Observe (1) One-mindfully (1)

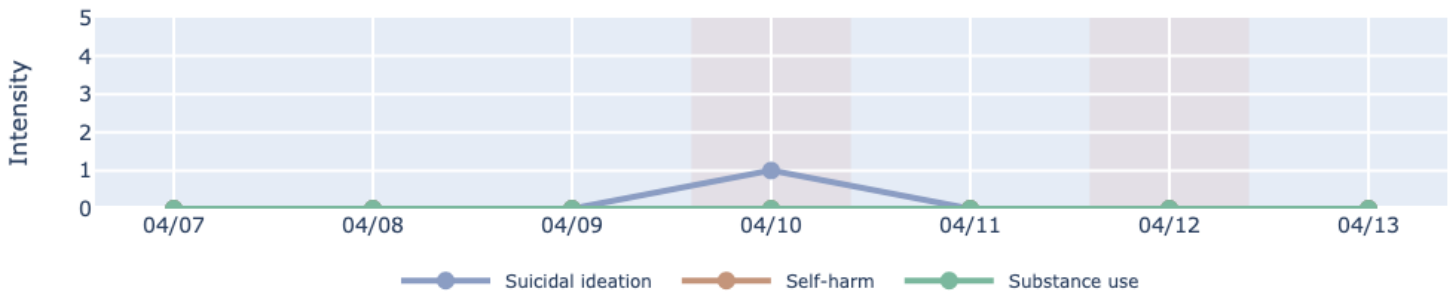
WEEKLY COMPARISON



EMOTIONAL TRENDS



URGES



DAILY BREAKDOWN

Date	Top Emotions	Urges & Behaviors	Skills	Notes
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