**DBT-WR Log for Daily Living**

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| Day: (Circle which day) S M T W R F S | Name: Date:  |
| Difficult emotions or thoughts today (Please check)*Please describe:*\_\_\_Anger \_\_\_Negative thoughts about the past \_\_\_Sadness \_\_\_Negative thoughts or judgments\_\_\_Depression \_\_\_Worry or obsessive thoughts \_\_\_Anxiety about the future\_\_\_Mania \_\_\_Racing thoughts\_\_\_Shame \_\_\_Difficult hallucinations\_\_\_ Fear or Insecurity\_\_\_ Other (emotions/thoughts): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Did you use Wise Mind at all today? (Circle One) Yes No |
| I was able to ***notice/observe*** what was going on for me (used ***mindfulness skills***) Yes NoComments:  |
| I was able to ***accept*** my emotions/thoughts without being immediately reactive Yes No Comments:  |
| I noticed that ***staying aware of the*** ***breath*** helped me stay more calm than usual Yes No Comments: |
| I found a way to ***improve the moment*** Yes No Comments (Which strategies did you use?): |
| I connected with the ***bigger picture*** (deeper purpose, higher power) Yes NoComments: |
| I did a mindfulness practice today (3 minutes) to strengthen my ***overall skills*** Yes NoCircle: 3-minute breathing walking praying yoga mindful eating other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Check One:\_\_\_\_I approached this log with a sincere ***intention*** to make a difference in my life ***--Or—***\_\_\_\_I more or less did this log with a skeptical “*whatever”* kind of attitude |
| I was able to experience ***compassion for myself*** today Yes No (no matter how I did the log, how effectively I addressed my emotions….) Comments:  |