**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 No  Comments: | |
| 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 No  Comments: | |
| I did a mindfulness practice today (3 minutes) to strengthen my ***overall skills*** Yes No  Circle: 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: | |