***The Retreat* at Sheppard Pratt Diary Card**

Name_____ Date Starting:_____

Today I felt: 0-9 (0=not at all; 9=highest)

Day of Week							
Good, Happy							
Sad							
Anxious, Tense							
Miserable							
Angry							
Depressed							
Hopeful							
Empty, Alone							
Unreal, Disconnected							
Shame							
Physically Unwell							
Other_____							
Other_____							

Today I Felt: (0=not at all; 9=highest). * next to those days you acted on the urge

Kill Myself							
Restrict Eating							
Binge							
Purge							
Drink, Take Drugs							
Injure Myself							
Overdose							
Other_____							
Other_____							

Place a check next to those skills you plan to practice this week. Put a Y or N indicating if you did it.

Mindfulness							
Distress Tolerance							
Interpersonal Effectiveness							
Emotion Regulation							

Target (behavior or emotion to either increase or decrease) for this week (be as specific as possible):

Increase/Decrease_____

Skill_____

Day of Week	**Narrative**