

Diary Card (page 1 of 2)

Week beginning ____/____/____ ending ____/____/____

This week I filled out this section: Daily 4-6× 2-3× Once

Highest urge over past week to quit program/engage in program-interfering behaviors (0-6)*: ____

Date I weighed myself: ____/____/____

Weight: _____

Day	Eating and Other Behaviors					Emotion										
	Urge to binge*	Binge episodes		Any other eating and non-eating-related problem behaviors**?	Any AIBs**? (apparently irrelevant behaviors)	Anger (0-6)	Sadness (0-6)	Fear/ anxiety/ restless- ness (0-6)	Shame (0-6)	Embarrass- ment (0-6)	Guilt (0-6)	Boredom/ loneliness (0-6)	Pride (0-6)	Happiness (0-6)	Content- ment (0-6)	Other (fill in)
Number of large episodes		Number of small episodes	_____													(0-6)
Mon				Y N	Y N											
Tue				Y N	Y N											
Wed				Y N	Y N											
Thu				Y N	Y N											
Fri				Y N	Y N											
Sat				Y N	Y N											
Sun				Y N	Y N											

*Rate from 0 to 6 the highest rating for the day or week (0 = did not experience it—the urge, thought, or feeling—to 6 = experienced it intensely).

**Describe other problem behaviors and AIBs: _____

Diary Card (page 2 of 2)

Instructions: Circle the days you used each skill. This week I filled out this section: Daily 4–6× 2–3× Once

	Day						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Renewing my commitment (pros/cons)							
Wise mind							
Diaphragmatic breathing							
Dialectical thinking							
Observing: Just noticing							
Adopting a nonjudgmental stance							
Focusing on one thing in the moment							
Being effective							
Mindful eating							
Urge surfing							
Mindfulness of my current emotion							
Radically accepting my current emotion							
Decreasing vulnerability/building mastery							
Building positive experiences (avoiding avoiding)							
Being mindful of positive emotions							
Half-smiling							
Crisis survival skills							
Coping ahead							
Did not practice/use any skills							


Behavioral Chain Analysis Form

1. **Problem behavior** (include date took place _____):

2. **Prompting event:** _____

3. **Vulnerability factors** (circle and describe): physical illness, unbalanced sleep, intense emotional states, stressful environment, other:

4. Describe specific links on chain (and circle if Action , Body sensation , Cognition , Event , or Feeling)	5. Skillful behaviors to substitute
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	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____
	_____ ABC-EF _____

Mark the key dysfunctional link with an asterisk (*).

6. **What were the consequences of the behavior?**
Immediate: _____

Longer-term: _____

7. **Plan to repair harm and do things differently next time:**

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5. Skillful behaviors to substitute



_____ ABC-EF _____

_____ ABC-EF _____

_____ ABC-EF _____

_____ ABC-EF _____

_____ ABC-EF _____

_____ ABC-EF _____

_____ ABC-EF _____

_____ ABC-EF _____

_____ ABC-EF _____

Mark the key dysfunctional link with an asterisk (*).

6. **What were the consequences of the behavior?**

Immediate: _____

Longer-term: _____

7. **Plan to repair harm and do things differently next time:**

Steps for Reducing Vulnerability to Emotion Mind

For each factor, write down your specific plan to reduce your vulnerability to your emotion mind over the week. Circle the day(s) you actually put your plans into action and describe what took place.

Reducing Vulnerability to Emotion Mind

Treat physical illness? Plan: _____

M T W Th F S Sun Outcome: _____

Balance your eating? Plan: _____

M T W Th F S Sun Outcome: _____

Avoid mood-altering substances? Plan: _____

M T W Th F S Sun Outcome: _____

Balance your sleep? Plan: _____

M T W Th F S Sun Outcome: _____

Get exercise? Plan: _____

M T W Th F S Sun Outcome: _____

Practice building mastery? Plan: _____

M T W Th F S Sun Outcome: _____

Increasing Positive Events

Increased daily pleasant activities (circle): M T W Th F S Sun

Describe: _____

Long-term goals worked on:

Attended to relationships (describe):

Avoided avoiding (describe):

Mindfulness of positive experiences that occurred (check which apply):

____ Focused (and refocused) attention on positive experiences

____ Did not become distracted from worries about positive experience