

EMOTIONS DIARY CARD

DATE	SAD	MAD	SCARED	GLAD	SUICIDAL THOUGHTS	HARMFUL BEHAVIORS	RELAPSE TRIGGERS	RELAPSE BEHAVIORS	SKILLS USED
Example: 6-19-2003	~7	5-9	H 7, L 5	5	None	Negative Self-talk	Felt like drinking	Isolating	B5, A1, A4
START:									
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									
Week avg									

Directions:

DATE: Fill in the day's date. SAD, MAD, SCARED, GLAD: Please rate each emotion for each day, with 0 = none, and 10 = very, very strong feelings. You may average it out for the day (enter a number preceded by ~ to indicate "average"), or show the day's range (5-9), or show a high and a low (H 7, L 5), or simply put in a number for an event that day with the understanding that the rest of that day was uneventful. SUICIDAL THOUGHTS: Indicate if present or not. If present, rate from none (0) to high (10). Contact support if above a 4. HARMFUL BEHAVIORS: List any. RELAPSE TRIGGERS: List any. RELAPSE BEHAVIORS: List any. SKILLS USED: List any. Refer to "Emotions Diary Regulation Skills" sheet for codes.