Diary Card

Date	Self-harm		Suicidal		Alcohol		Drugs		Meds	Situation	Emotions							
	Urge	Action	Thoughts	Action	Urge	Use Amount/ Type	Urge	Use Amount/ Type	Taken as prescribed		Anger	Fear	Happy	Anxious	Sad	Shame	Frustration	Other
	0-5	Yes/No	0-5	Yes/No	0-5		0-5		Yes/No		0-5	0-5	0-5	0-5	0-5	0-5	0-5	0-5

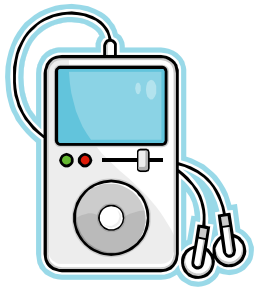
Coping strategies used

0	Not thought about or used	4	Tried, could use them but didn't help
1	Thought about, not used, didn't want to	5	Tried, could use them, helped
2	Thought about, not used, wanted to	6	Didn't try, used them, didn't help
3	Tried but couldn't use them	7	Didn't try, used them, helped

Rating scale for emotions and urges:

0= Not at all 1=A bit 2= Somewhat 3=Rather strong 4=Very strong 5= Extremely Strong

Coping strategies used	Circle the days you used each coping strategy						
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun
	Mon	Tues	Wed	Thur	Fri	Sat	Sun



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