

Weekly emotions and skills diary card

Fill on a computer or print and write by hand, a few minutes each day. What helped and questions are on page 2.

Name

Week starting

Filled in by (you or a family member)

Each day	Mon date	Tue date	Wed date	Thu date	Fri date	Sat date	Sun date
Emotional distress 0 = calm, 10 = worst	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Strongest emotions For example sad, angry, ashamed, empty							
What set it off What happened, and when							
Urge to hurt myself 0 = none, 10 = strongest	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Other strong urges For example to drink, spend, or lash out							
Skills or coping I used What I tried, and did it help							
Sleep Hours last night	hrs	hrs	hrs	hrs	hrs	hrs	hrs
Alcohol or drugs What, and how much							
Medicines taken Name and dose; note any missed							
Self-harm Yes or no	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
Thoughts of suicide Yes or no. If yes, call or text 988	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No

If you have thoughts of suicide or of hurting yourself on any day, do not wait for your appointment. Call or text 988 or chat at 988lifeline.org to reach the 988 Suicide & Crisis Lifeline, free and confidential, 24/7. In a life-threatening situation, call 911.

What helped, and questions

Bring this sheet, and page 1, to your next appointment.

What helped this week

Skills, people, places, or plans that made a hard moment easier.

1.
2.
3.
4.
5.
6.
7.
8.

Questions for my next appointment

Write them down as they come up during the week.

1.
2.
3.
4.
5.
6.
7.
8.

Other notes for the week For example changes in medicines, big events, or anything you want your care team to know.

Tips for tracking and bringing notes (each with its source)

Track what your care team tracks. Guidance from England's National Institute for Health and Care Excellence (NICE) says progress should be checked across outcomes including daily functioning, drug and alcohol use, self-harm, depression, and symptoms of borderline personality disorder. Source: [nice.org.uk/guidance/cg78](https://www.nice.org.uk/guidance/cg78)

Notice triggers and what helps. The same guidance says a crisis plan should name likely triggers and the self-management strategies that work for you. Source: [nice.org.uk/guidance/cg78](https://www.nice.org.uk/guidance/cg78)

Ratings make change easier to see. The American Psychiatric Association (APA) suggests measuring symptoms with numbers at the start of care so changes can be tracked over time. Source: [psychiatry.org/news-room/news-releases/updated-borderline-personality-disorder-guideline](https://www.psychiatry.org/news-room/news-releases/updated-borderline-personality-disorder-guideline)

Be specific, and list every medicine, including over-the-counter drugs, herbal remedies, vitamins, and supplements. Source: [nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider](https://www.nimh.nih.gov/health/publications/tips-for-talking-with-your-health-care-provider)

Ask how progress is tracked. Ask a therapist how progress will be assessed. If they use a tracking sheet of their own, use theirs; this card is a general version. Source: [nimh.nih.gov/health/topics/psychotherapies](https://www.nimh.nih.gov/health/topics/psychotherapies)