

**Eating Disorder Diary Card**

Name \_\_\_\_\_ Week of \_\_\_\_\_

Rate the following on a scale of 0 to 10(0= not at all, 10=highest)

Today I Felt	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Good/Happy							
Anxious/Worried							
Scared							
Angry/Irritable							
Depressed							
Hopeful							
Empty/Alone							
Hurt							
Physically Bad							
Helpless							
Guilt/Shame							

Today I have an urge to... Rating 0-10/Action (yes or no)?

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Binge/Purge							
Restrict							
Use Alcohol, Drugs, Rx...							
Use Diuretics, Diet Pills, Laxatives, Abuse Caffeine							
Weighed Self, Measure, or Pinch Self							
Exercise							
Isolate, Sleep, Not take care of hygiene							
Self-Harm							

Today I intend to use these SKILLS... Circle the day of the week you plan on completing your goal. Each morning place a M,P or U under the circled day.(M=Met, P=Part, and U=Unmet) which will be discussed in group.

**DISTRESS TOLERANCE**

Distract and Delay	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Self Soothe /Relaxation	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
IMPROVE Moment	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Pro's & Con's/ Tipping Scales	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Radical Acceptance	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

**COGNITIVE SKILLS**

Thought Record	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Affirmations	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Responsibility Pie	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Behavioral Chain Analysis	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Journaling	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Recovery Read	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

**INTERPERSONAL EFFECTIVENESS and ASSERTIVENESS**

DEESC Script	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Attending Meeting	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Established Boundary	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Socialize/ Ask for Support	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

**MINDFULNESS and SELF CARE**

Observe Non-judgmentally	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
GRAPES	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Self-care plan	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Follow Meal Plan	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

**EMOTIONAL REGULATION**

PLEASE Build MASTERY	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Build Positive Experiences	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Mindfulness & Expression of Primary Emotions	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Disputing judgements and/or Validating Emotions	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Opposite Action	Sun	Mon	Tues	Wed	Thurs	Fri	Sat