

Daily Ratings for Montclair State DBT Skills Training Program

Anonymous ID Anonymous ID # therapist gave me to use for these:

Therapist's email (based on therapist's name):

Day I am entering ratings for:

Montclair State DBT Skills Training Program

Today, did I:

	A lot	No or just a little
Remain committed to program and hopeful about crime-free future	<input type="radio"/>	<input type="radio"/>
Think in fair, balanced, and humble ways	<input type="radio"/>	<input type="radio"/>
Spend time only with people not involved in crime	<input type="radio"/>	<input type="radio"/>
Act in calm, peaceful, responsible, honest, humble, and caring ways	<input type="radio"/>	<input type="radio"/>
Resist thoughts/urges to use alcohol/drugs or had no thoughts/urges	<input type="radio"/>	<input type="radio"/>
Work well at my job, or on learning new things relevant to my goals	<input type="radio"/>	<input type="radio"/>
Focus on getting along with positive family members	<input type="radio"/>	<input type="radio"/>
Do productive or pleasant things for most of the day	<input type="radio"/>	<input type="radio"/>

Montclair State DBT Skills Training Program

Today, did I:

	Yes	No
Try homework exercises or reward myself for using skills	<input type="radio"/>	<input type="radio"/>
Use mindful skills	<input type="radio"/>	<input type="radio"/>
Use skills to tolerate distress	<input type="radio"/>	<input type="radio"/>
Use relationship skills	<input type="radio"/>	<input type="radio"/>
Use skills to manage emotions	<input type="radio"/>	<input type="radio"/>

Today, how much progress did I make on three current priorities (top goals)?

	A lot	None or just a little
Progress on priority 1:	<input type="radio"/>	<input type="radio"/>
Progress on priority 2:	<input type="radio"/>	<input type="radio"/>
Progress on priority 3:	<input type="radio"/>	<input type="radio"/>

Any other notes about the day:
