



BEHAVIORAL HEALTH

IMPROVE – Diary Card

For each acceptance skill, describe the skill used during the week and indicate (from 0-5) how effective the skill was at shifting you towards acceptance.

<i>Date</i>	<i>Describe the situation</i>	<i>Describe the skill</i>	<i>Effective (0-5)?</i>
<i>Imagery</i>			
<i>Meaning</i>			
<i>Prayer</i>			
<i>Relaxation</i>			
<i>One thing at a time</i>			
<i>Vacation</i>			
<i>Encouragement</i>			