Record of strategies used (Worksheet 9)

Technique	Tried?	Used this week on						
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Plan activities (aiming for 4 out of 10 effort)								
Compassionate response to self								
Substitute goals based on values								
Identify thoughts as opinions and indicators of challenge								
Use grounding techniques								
Use calming exercises								
Attention to pain with positive or neutral emotion								
Note positive experiences								