

02-21-2023 - 02-28-2023

Name: Sally

Circle Day Of Week	Urge To Commit Suicide	Private Behaviors - Thoughts, Sensations, Emotions							Medications		Social-Signaling or Other Overt Behaviors						
		overload ed	angry	anxious	not sure what to say				Med as Prescribed	Alcohol or Other Drugs	hate eye roll	walking away	smiling when upset	overly syrup voice			
		0-5							Y/N	What							
TUE	0	3	0	3	5				Y	Y , 1 beer	2	0	1	4			
WED	1	5	2	4	0				Y	N	3	5	3	0			
THUR	1	5	0	3	0				Y , Also took some allergy medication. Made me a little dizzy	N	5	0	2	0			
FRI	0	0	4	3	0				Y	Y , One MJ gummy	0	4	2	0			
SAT	3	5	5	2	0				Y	N	4	5	0	0			
SUN	0	0	0	0	4				Y	N	0	0	0	3			
MON	0	3	5	2	0				Y , Took meds late today	Y , 2 beers	2	5	2	0			

Daily Notes

TUE: Tried to do big 3 with spouse but the syrup came out instead

WED: Irritating conversation with employees

THUR: Irritating Client interaction

FRI: Smiled then walked away during argument with Matt

SAT: Big family blow up about electronic devices. Went and tried to use both my target skills this week and did LKM.

SUN: Talking to neighbors

MON: Upset about a interaction at work and I took it out on my spouse

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Entries Of Week	Valued-Goals sought this week:	Self Enquiry Questions
	Be open in relationships Flexible to new situations Be an effective boss Practice being a caring spouse	Is it possible I am minimizing the positive consequences? What do I need to learn about my irritation at rules not being followed?
	Notes/Comments/Chain Analysis for Weekly focus:	Skills Used:

Practice the GHT of LIGHT

TUE: (3.1) Big 3 + 1: Signal cooperation, affection, and liking,

WED: (28.A) LIGHT: Cynicism, bitterness, and resignation,

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FRI: (3.1) Big 3 + 1: Signal cooperation, affection, and liking,

SAT: (3.1) Big 3 + 1: Signal cooperation, affection, and liking, (28.A) LIGHT: Cynicism, bitterness, and resignation,

SUN: (3.1) Big 3 + 1: Signal cooperation, affection, and liking,

MON: (28.A) LIGHT: Cynicism, bitterness, and resignation,