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# DIALECTICAL BEHAVIOR THERAPY

# WELLNESS PLANNER

**365**

days of healthy living for  
your body, mind, and spirit

Amanda L. Smith, LCSW

Foreword by Blaise Aguirre, M.D.

Amanda L. Smith

The Dialectical Behavior Therapy Wellness Planner: 365 Days of Healthy Living for Your Body, Mind, and Spirit (The Borderline Personality Disorder Wellness Series)



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The Dialectical Behavior Therapy Wellness Planner is a practical tool for the emotionally sensitive person looking for an easier way to track emotions and behavior in addition to monitor progress over time. You may use it to: track your feelings and behavior monitor your progress bring structure into your day. Please note: the planner isn't meant as an in-depth education or training on Dialectical Behavior Therapy neither is it meant as a replacement for diary cards or other useful resources in your journey to healing. PARTLY 1, discover the value and information on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Next, in Part 2, take the Self-Care Assessment and then get started with the Daily Self-Treatment Tracker. It's a journal that can help you keep everything in one place, and will keep you focused on where you are and where you intend to go. Amanda L. After four weeks, take a new Self-Care Assessment to observe how you've grown! Start on any time with the monthly, weekly, and daily calendars designed to help you plan for achievement as you practice abilities and make a commitment to daily self-treatment. This publication is a helpful tool for anybody who struggles with emotional sensitivity and/or Borderline Personality Disorder to make use of as you work toward creating a healthier, more meaningful life? a life well worth living? by balancing acceptance and change. Instead, this is a supplementary device for tracking your individual progress. Use the Planner to regularly track and record on your own journey to healing. Smith is the writer of The Borderline Character Disorder Wellness Planner for Family members, the second reserve in The BPD Wellness Series.



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I highly recommend this to anyone who's also wanting to add onto their home therapy courses. I'm not used to DBT and so I haven't begun using this publication yet as I don't possess all the abilities yet but I anticipate having this as a part of my treatment. As much as DBT participants know, the reserve/binder/components that we're given can be a little bit overwhelming and unwieldy. It isn't often obvious what worksheet to carefully turn to, especially when we've already been through all of the units and aren't following specific homework assignments any more (or we have been, but need extra help with specific conditions that come up day to day). This planner offers a simple way to check on in daily with all four skills, along with brief sections for gratitude, daily goals, and "today's shining moment." It isn't a journal, rather than meant to be considered an alternative for one. For those struggling with addiction or who take part in destructive behavior, there is also a "days sober" counter for every day. They \*only\* issue with it is the Monday through Sunday design, it will be nicer easily could write in the days. For instance, if I am going through a tough patch, I may compose in this space "times since berating myself." It's an excellent planner and diary for documenting making use of your DBT skills daily. The planner can be endlessly customizable!" It generally takes only five minutes to complete an entry for the day. I will certainly be purchasing another once I am finished with that one! If I'm not sure how I practiced, state, distress tolerance on a certain day, I could go look in my DBT components for a refresher. Highly recommend for anybody using DBT to boost their life. At the beginning of each week, there is also a quick checklist for every day to allow you to check in with physical, emotional, relational, and spiritual needs. Since I'm not spiritual, I just avoid questions relating to those aspects. I really like the publication and it's really detailed approach. They are things that are often easy to forget between every week DBT sessions, therefore I discover that the planner helps to keep me grounded and accountable on a daily basis, without any pressure if I accidentally miss a day time. I hadn't been able to do it well with any additional method which makes it very easy. I know that is definitely a planner that I am buying again every year as I improve my DBT abilities and get over BPD. I hope that new editions should come out that incorporate improvements, as well. I love the simplicity and the ability to merge diary cards and a planner in one. **Awesome DBT Workbook - Easy and Enjoyable Progress Tracking** This is among my absolute favorite workbooks in regards to DBT. Very helpful! There are many different things to record about your entire day and keep an eye on your progress without it being mind-boggling. I've had trouble maintaining daily DBT workbooks, but this one is by far the most pleasant to use and the easiest to work on every day. What's so great about it for me is certainly that it is such a simple method for me to remind myself of DBT skills every day. I even bought many for others on my consult team... The front of the book provides summaries of DBT skills and there is a monthly evaluation to see your improvement more obviously. At regular intervals, the planner carries a more thorough assessment to gauge improvement, allowing you to recalibrate your goals. I've attached a close photo of 1 of the times so you can see what it covers a little better. This is an excellent way to keep an eye on your mood and your skill use. I have already been taking the DBT home therapy training course for weeks now which **Wellness Planner** is strictly what we needed as an add-on to my healing. Wouldn't normally recommend for a beginner. When I first received this book, I thought it was going to become more informational. However, a few months later when I actually took a DBT class, it made more feeling so for the reason that aspect, I do believe you need to know even more about DBT before buying this publication." If I'm in an excellent space but need to decrease a behavior that's somewhat unhealthy, I would say "days without caffeine. Looking forward to having this on my healing journey. This is a beautifully organized book! It would definitely be helpful if Amazon

provided a good example of among the daily setting up worksheets. There are areas to to ass issues that I am grateful for - gratitude is indeed important to keep you focused on what you do have and remain positive. After recovering from being a bit starstruck, I looked into the book, and recognized that it was just what I'd been looking for. I will upgrade my review the even more I take advantage of this book- but overall I am impressed with the quality! very helpful Very useful. But I do want that it acquired a list of the DBT skills in it. I really do scramble around trying to find my diary cards or my DBT Abilities Manual or Workbook. What I love the most is the sober days section. Being able to keep monitor of how many days I go with out a specific behavior is quite helpful Great addition to my home DBT Therapy course!!This is a must for anybody who must keep better track and progress feedback on their recovery. I love monitoring my progress and this planner is the ideal addition to the DBT Therapy publication.An essential complement to any DBT program I learned about this book by following Amanda's tumblr of most factors, and was shocked to discover that she was a well-respected social employee, BPD researcher, professional and therapist. There can also be times when I haven't practiced that skill, and that is okay too -- I can just leave that place blank. I'm in the last few weeks of Dialectical Behavior Therapy, and my individual therapist recommended I start working with this book instead of the diary cards I've been using. Otherwise, it's an excellent reminder to check you are getting balanced meals, more than enough sleep, practicing mindful breathing, etc. That makes it much easier to create in, and to photocopy. Recommend! BTW, it's spiral bound, which isn't shown in this illustration. I especially like the self-assessments. Great mix of weekly planner and diary card. We am a DBT therapist. I really like this format. This combines my DBT diary cards with a regular weekly planner - so everything is all-in-one! A breeze to use to plan my days and track my skills in the same place. I find I actually use it more throughout the day. Only factor I would change may be the size. It really needs to be either diary size (smaller) or notebook/planner (larger). It helps me focus on the positive and use my skills more often. This is an excellent way to keep track of your mood and your . Five Stars Very useful, brings mindfulness. So helpful! You record your DBT abilities used daily, list what you are thankful for, goals you worked towards, your shining minute of the day, etc. However, it is still an excellent workbook. It's also an archive of how I'm doing longterm. It's well-organized and a wonderful dbt tool. Very helpful I have been in DBT for a calendar year.. It's simple, however highlights the considerations in my own day, with a specific, guided, format. It offers increased my understanding and usage of my DBT skills.. This is a great planner for EVERYONE who is focusing or needs to focus on their mental health or sobriety. It has held me arranged and on job. This journal assists me to place it all together by the end of each day. This is an excellent planner for EVERYONE who is focusing or must . I'm lucky enough not to struggle with addictions, so I often switch what I'm counting in this space; Great DBT companion I love this journal a lot. It gives a brief rundown of what DBT is, but I desire that it detailed the techniques it desires you to make use of with a short description of how exactly to use it. I went through an IOP program which was a great after companion to preserve me on track. Five Stars Love this and would definitely buy again.



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