Figure 1.I.1: The Concepts and Skills Tracking Sheet (Sample - Week 1)

Week # ___1____ Day of Week →	W	Th	F	Sat	Sun	M	T
Date →	7-20	7-21	7-22	7-23	7-24	7-25	7-26
1A. I reminded myself of the two parts of Emotional Mind.	4	5	5	5	DD	5	DD
1B. I became aware of the different types of emotions I was experiencing today.	4	5	4	3	4	3	5
1C. I became aware of the Emotion-Driven Thoughts I was having today.	2	3	3	3	3	2	4
1D. I became aware that some of the emotions I was having today were based on here-and-now situations AND some situations from the past.	DD	DD	DD	2	3	DD	3
1E. I became aware of the self-destructive behaviors I DID today and THOUGHT about doing.	DD	3	4	2	3	3	4
1F. I stated "The Nature of the Problem." I wrote it out, said it aloud, or said it in my mind.	3	4	4	DD	DD	4	5
1G. I described the Cycle of Suffering AND named off the parts that make up one cycle.	2	3	4	DD	DD	3	4
1H. I helped myself to avoid self-destructive behavior today by reminding myself of the Cycle of Suffering or the Nature of the Problem.	2	3	4	2	3	3	4

RATING SCALE
5 - Did Excellent in this area today
4 - Did Pretty Good in this area today
3 - Did Alright in this area today
2 - Did Only Fair in this area today
1 - Didn't Do Well in this area today
DD – Didn't Do today

Notes: Never thought I'd be doing something like this! I feel good about myself for keeping up with this. I think I'll make some copies of the tracking sheets for each chapter and put them in a notebook. I'll copy all the worksheets, too so I'll have those ready when I need them. That's all for now!

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