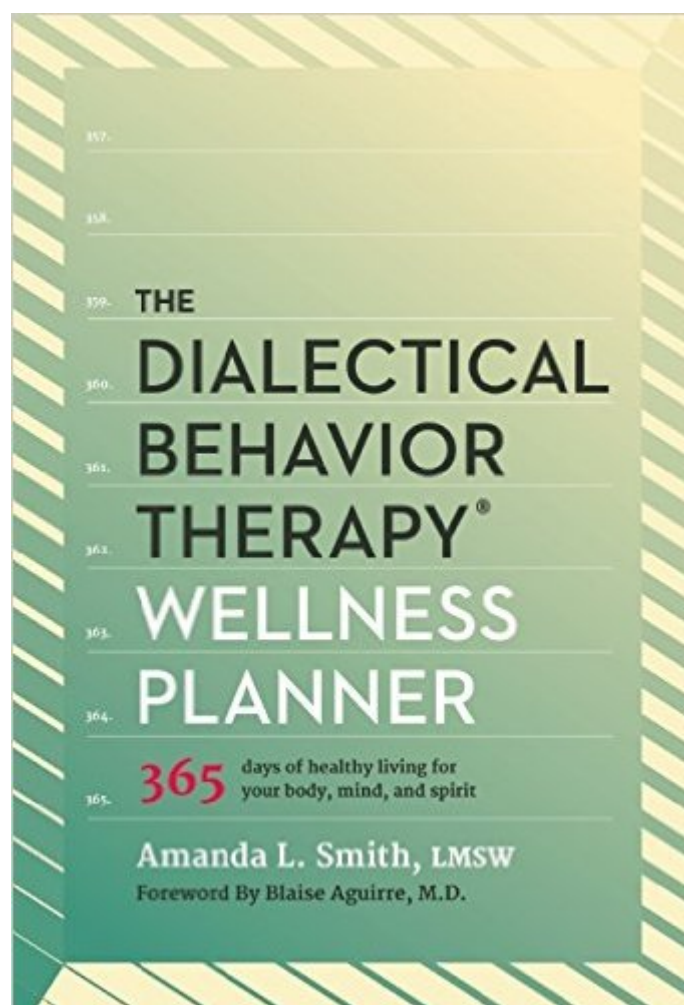


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# The Dialectical Behavior Therapy Wellness Planner: 365 Days Of Healthy Living For Your Body, Mind, And Spirit



## Synopsis

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 as well as monitor progress over time. The Dialectical Behavior Therapy Wellness Planner is a helpful tool for anyone who struggles with emotional sensitivity and/or Borderline Personality Disorder to use as you work toward creating a healthier, more meaningful life--a life worth living--by balancing acceptance and change. In Part 1, discover the value and details of 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-Care Tracker. After thirty days, take a new Self-Care Assessment to see how you've grown! Use the Planner to consistently track and report on your journey to healing. It's a journal that helps you keep everything in one place, and keeps you focused on where you are and where you want to go. Start on any date with the monthly, weekly, and daily calendars designed to help you plan for success as you practice skills and make a commitment to daily self-care. You can use it to: track your emotions and behavior monitor your progress bring structure into your day

## Book Information

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## Customer Reviews

I learned about this book by following Amanda's tumblr of all things, and was shocked to learn that she was a well-respected social worker, BPD researcher, specialist and therapist. After getting over being a bit starstruck, I looked into the book, and realized that it was exactly what I'd been looking for. As many DBT participants know, the book/binder/materials that we're given can be a little bit overwhelming and unwieldy. It's not often clear what worksheet to turn to, especially when we've

already gone through all of the units and aren't following specific homework assignments anymore (or we are, but need additional help with specific issues that come up day to day. This planner offer a simple way to check in daily with all four skills, as well as short sections for gratitude, daily goals, and "today's shining moment." It generally takes no more than five minutes to fill out an entry for the day. For those struggling with addiction or who engage in destructive behavior, there is also a "days sober" counter for each day. I'm lucky enough not to struggle with addictions, so I often change what I'm counting in this space; for instance, if I'm going through a rough patch, I may write in this space "days since berating myself." If I'm in a good space but want to decrease a behavior that is somewhat unhealthy, I might say "days without caffeine." The planner is endlessly customizable! It's not a journal, and not meant to be a replacement for one. What's so great about it for me is that it is such a simple way for me to remind myself of DBT skills on a daily basis. If I'm not sure how I practiced, say, distress tolerance on a certain day, I can go look in my DBT materials for a refresher.

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Mind Control, Human Behavior)

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