**Couples Diary Card** (*Complete daily. Each partner do their own diary card)*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Emotion** *(Rate your emotions daily on a scale of 0-5, where 0=None to 5=Intense, & describe)* | **S** | **M** | **T** | **W** | **T** | **F** | **S** | **Comments/Observations** |
| Content/calm |  |  |  |  |  |  |  |  |
| Anger/Frustration |  |  |  |  |  |  |  |  |
| Fear |  |  |  |  |  |  |  |  |
| Sadness |  |  |  |  |  |  |  |  |
| Disgust/contempt |  |  |  |  |  |  |  |  |
| Guilt/shame |  |  |  |  |  |  |  |  |
| **Skills** (*Check each skill you use & comment)* |  |  |  |  |  |  |  |  |
| **Mindfulness skills** |  |  |  |  |  |  |  |  |
| Observe-describe-participate |  |  |  |  |  |  |  |  |
| Non judgmentally |  |  |  |  |  |  |  |  |
| In the moment |  |  |  |  |  |  |  |  |
| Effective – long term goal driven |  |  |  |  |  |  |  |  |
| Mindful listening |  |  |  |  |  |  |  |  |
| Focus on what is, not what “should” be |  |  |  |  |  |  |  |  |
| Aware of me, relationship & partner simultaneously |  |  |  |  |  |  |  |  |
| **Emotional self-regulation** |  |  |  |  |  |  |  |  |
| Re-Orienting – What’s important in long-run |  |  |  |  |  |  |  |  |
| De-escalation – delay, distract, detach, depersonalize |  |  |  |  |  |  |  |  |
| Identify & ride wave of primary emotions |  |  |  |  |  |  |  |  |
| Observe, describe & detach from secondary emotions |  |  |  |  |  |  |  |  |
| TIPP – temperature, deep breathing, exercise, relax |  |  |  |  |  |  |  |  |
| Radical acceptance |  |  |  |  |  |  |  |  |
| Willingness vs. willfulness |  |  |  |  |  |  |  |  |
| **Accurate Expression** |  |  |  |  |  |  |  |  |
| Mindful of body language, facial expression, voice  |  |  |  |  |  |  |  |  |
| Accurately express needs, emotions & thoughts |  |  |  |  |  |  |  |  |
| Consistent with what’s important, long-term goals |  |  |  |  |  |  |  |  |
| Timing – both low vulnerabilities |  |  |  |  |  |  |  |  |
| Saying no & making requests gently |  |  |  |  |  |  |  |  |
| Maintaining integrity – no lying, exaggeration |  |  |  |  |  |  |  |  |
| **Validation** |  |  |  |  |  |  |  |  |
| Effectively choose what to validate - opinions, emotions, desired behaviors – don’t have to agree |  |  |  |  |  |  |  |  |
| Validate- mindfully present/mindful listening |  |  |  |  |  |  |  |  |
| Validate – summarize, paraphrase |  |  |  |  |  |  |  |  |
| Validate – help partner figure out thoughts/emotions |  |  |  |  |  |  |  |  |
| Validate – given your past experiences |  |  |  |  |  |  |  |  |
| Validate – anyone would react that way |  |  |  |  |  |  |  |  |
| Validate – radically genuine |  |  |  |  |  |  |  |  |
| **Constructive Engagement** |  |  |  |  |  |  |  |  |
| Listen mindfully |  |  |  |  |  |  |  |  |
| Avoid problem solving/advice giving |  |  |  |  |  |  |  |  |
| Focus on narrow concerns |  |  |  |  |  |  |  |  |
| Use “I” statements |  |  |  |  |  |  |  |  |
| In the moment – avoid bringing up the past |  |  |  |  |  |  |  |  |
| Ask clarifying questions effectively |  |  |  |  |  |  |  |  |
| Validate opinions, wants, emotions, effort |  |  |  |  |  |  |  |  |
| Accept responsibility where appropriate |  |  |  |  |  |  |  |  |
| **Increasing Positive Interactions/Emotions** |  |  |  |  |  |  |  |  |
| Let go of hurts/negative emotions/Increase positives |  |  |  |  |  |  |  |  |
| In companionship |  |  |  |  |  |  |  |  |
| In comfort & support |  |  |  |  |  |  |  |  |
| In recreation & leisure activities |  |  |  |  |  |  |  |  |
| In intellectual & ideas |  |  |  |  |  |  |  |  |
| In tasks & chores |  |  |  |  |  |  |  |  |
| In spiritual & religious activities |  |  |  |  |  |  |  |  |
| In parenting |  |  |  |  |  |  |  |  |
| In emotion & closeness |  |  |  |  |  |  |  |  |
| In sex & affection |  |  |  |  |  |  |  |  |
| In supporting partner’s autonomy |  |  |  |  |  |  |  |  |
| **Closeness & Intimacy** |  |  |  |  |  |  |  |  |
| Radical acceptance of other’s ways/idiosyncrasies |  |  |  |  |  |  |  |  |
| Tolerate behaviors – don’t nag, avoid power struggle |  |  |  |  |  |  |  |  |
| Identify patterns – consequences of nagging |  |  |  |  |  |  |  |  |
| Recontextualization – what are underlying needs? Other ways to meet needs? |  |  |  |  |  |  |  |  |
| **Problem Management & Negotiation** |  |  |  |  |  |  |  |  |
| Describe problem consistent w/goal (avoid yes/no) |  |  |  |  |  |  |  |  |
| Identify criteria for deciding |  |  |  |  |  |  |  |  |
| Prioritize criteria |  |  |  |  |  |  |  |  |
| Identify alternatives without evaluating |  |  |  |  |  |  |  |  |
| Gather information |  |  |  |  |  |  |  |  |
| Evaluate alternatives |  |  |  |  |  |  |  |  |
| Negotiate using constructive engagement |  |  |  |  |  |  |  |  |
| Decide |  |  |  |  |  |  |  |  |

‘