

50% FROM THE PRESENT 50% FROM THE PAST/ETC

TRACKING TRIGGERS

When you notice that you have felt distressed, take a moment (you can do this at a later time) to notice what was happening at the time (trigger), what you felt at that moment (emotions), and what you thought about yourself (belief). Use the percentage bar to indicate how much of your reaction to the trigger seemed to match the present moment - did your emotions and actions feel like they matched the situation? - and how much felt "extra", too much, or more than was needed.

EMOTIONS LIST

angry
annoyed
anxious
ashamed
awkward
confused
discouraged
disgusted
distracted
embarrassed
excited
frustrated
guilty
jealous
lonely
nervous
offended
scared
tired
uncomfortable
unsure
worried

TRIGGER: _____

EMOTIONS: _____

BELIEF: I AM... _____

% FROM
THE
PRESENT



% EXTRA
OR TOO
MUCH

TRIGGER: _____

EMOTIONS: _____

BELIEF: I AM... _____

% FROM
THE
PRESENT



% EXTRA
OR TOO
MUCH

TRIGGER: _____

EMOTIONS: _____

BELIEF: I AM... _____

% FROM
THE
PRESENT



% EXTRA
OR TOO
MUCH

TRIGGER: _____

EMOTIONS: _____

BELIEF: I AM... _____

% FROM
THE
PRESENT



% EXTRA
OR TOO
MUCH