

Intensity changes

Blank box for recording intensity changes.

A word or two to name the emotion.

Could it be another emotion to what it seems?

Blank box for naming the emotion.

Observed body signals/sensations

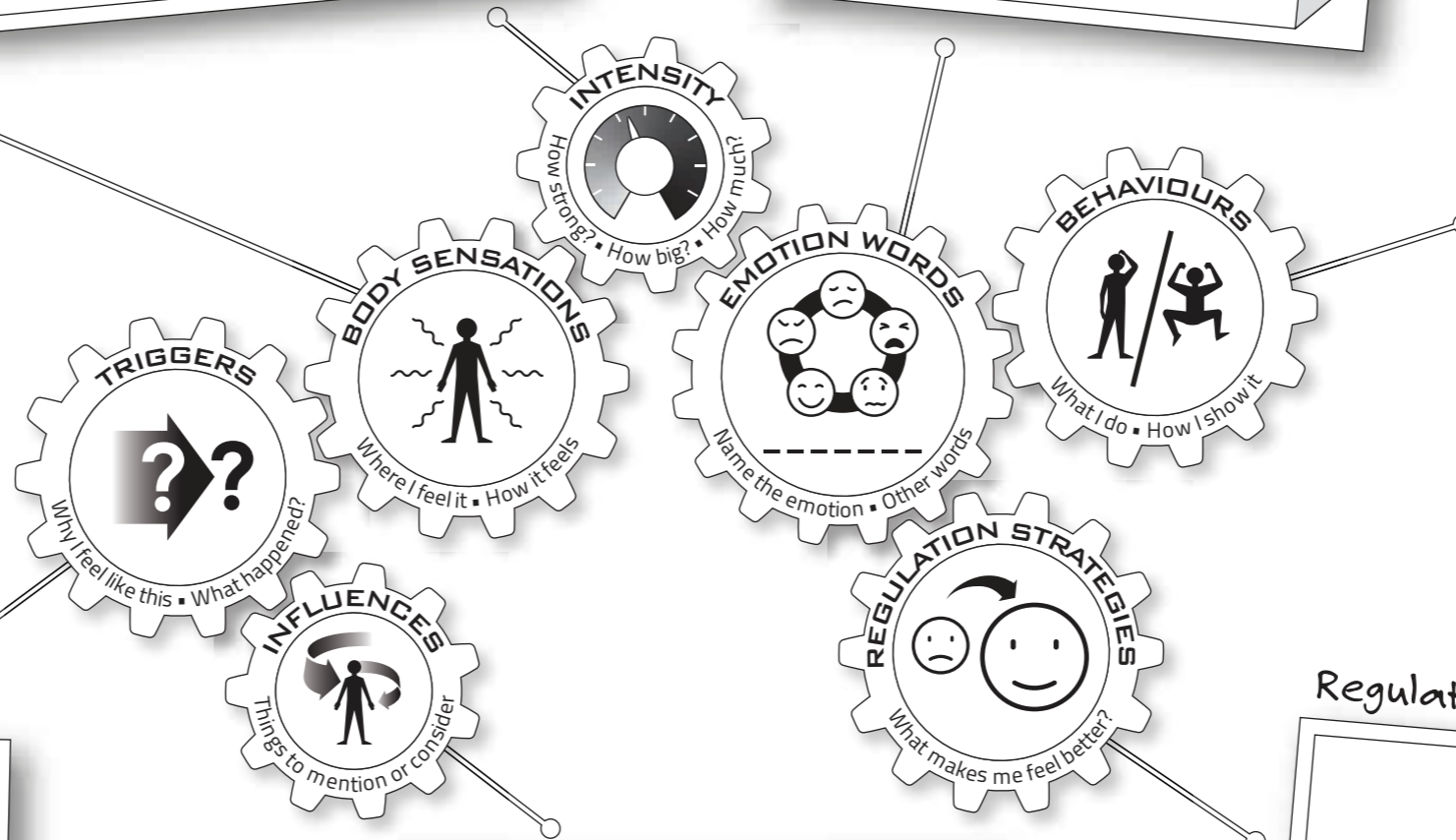
Blank box for recording observed body signals/sensations.

Observed behaviours

Blank box for recording observed behaviours.

The triggering event or situation(s)

Blank box for recording the triggering event or situation(s).



preferred behaviours?

Regulation - what's been tried?

Blank box for recording regulation strategies.

Background Influences

-ve

Blank box for recording background influences, with a vertical line separating negative (-ve) and positive (+ve) sections.

+ve

what else might help?