

Phrases of Concern:

**Category 1 = “should,” “should have,” “could have,” “Why?”**

**Category 2 = put-downs of your entire personality or character** (I’m stupid [inadequate, a wimp, a loser, and so on])”

**Category 3 = “I feel...” in statements ending with conclusions that aren’t emotions** (“I feel obligated [overwhelmed, responsible, and so on])”

**Category 4 = Apologies** (“I’m sorry”)

When writing down phrases, score your tension level on a scale of 0 to 100, where 0 is no tension and 100 is the most tension possible.

Date							
	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8 am – 12 pm							
12 pm – 4 pm							
4 pm - 8 pm							
8 pm – 12 am							
12 am – 8 am							

Monday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____
Tuesday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____
Wednesday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____
Thursday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____
Friday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____
Saturday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____
Sunday Phrases:	1: _____ Tension score: _____
	2: _____ Tension score: _____
	3: _____ Tension score: _____