

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 | | | | | | | |

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|--------------------|---|--|--|--|--|--|--|
| 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: _____ | | | | | | |