**Observe your behaviors by focusing your awareness on what you are doing and how you are feeling**. Keep a record of your behaviors including triggers and the feelings associated with these behaviors. Key words are enough. Please start as you are receiving this log for the rest of today (e.g., Wednesday night).

WEEKLY LOG REPORT

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Trigger | Image | Belief | Emotion | Sensation or Sense Of Disturbance |
|  |  |  |  |  |  |