

UPSET AS AN OPPORTUNITY FOR LEARNING

1) Date: _____ **Day:** _____ **Time:** _____

2) General Condition (Before the event occurred: Tired, Hungry, Peaceful):

3) Upsetting Event (facts):

4) Identify and describe the moment you were triggered:

5) Thoughts that came:

6) Feelings: (sad, angry, frustrated, hopeless, irritated,, powerless,etc.)

7) Location in your body where you felt (feel) activated:

8) Is this feeling familiar?

9) How do you feel with these thoughts and feelings?

10) How would you feel if you never had these thoughts and feelings?

11) Does this event defy any belief you have? (i.e. "I can't BELIEVE he did that!")

12) What does this upset teach you that is a new insight? Or past memory? A Pattern?