



Things often keep shifting after a session. When something comes up, write **just a few words** here. You do not have to figure it out. Note it, use a skill, and we will look at it together.

Date and time: _____ What set it off: _____

Picture or memory: _____

What I thought about myself: _____

Feeling: _____ Where in my body: _____

How strong (0 to 10): What I did: ☐ Container ☐ Calm place ☐ Grounding ☐ Other

Date and time: _____ What set it off: _____

Picture or memory: _____

What I thought about myself: _____

Feeling: _____ Where in my body: _____

How strong (0 to 10): What I did: ☐ Container ☐ Calm place ☐ Grounding ☐ Other

Date and time: _____ What set it off: _____

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What I thought about myself: _____

Feeling: _____ Where in my body: _____

How strong (0 to 10): What I did: ☐ Container ☐ Calm place ☐ Grounding ☐ Other

One thing I want to bring to my next session: _____