

MONITOR NEGATIVE EMOTIONAL TRIGGERS FORM

Instructions: Throughout the day, notice when you experience any negative emotion. How distressing is the emotion? Next, try to figure out the trigger. Is it something internal or in the environment? Internal triggers can be thoughts, sensations, images, or memories. Environmental triggers can be social interactions, activities, objects, observations. Next, rate how likely it is that you will face this trigger again.

If you can't figure out the cause of a particular feeling, that is ok. This monitoring activity will give you a chance to practice noticing feelings and thinking about their cause. You will get better with practice.

To help build the habit of noticing negative emotions and their triggers, you may want to remind yourself throughout the day by sending yourself a few texts or email reminders or just posting a few notes around the house.

What is the negative emotion?	How distressing is the emotion? (Circle one)	What seems to be the trigger?	How likely is it you will face this trigger again? (Circle one)
	Somewhat distressing Moderately distressing Very distressing		Somewhat likely Moderately likely Very likely
	Somewhat distressing Moderately distressing Very distressing		Somewhat likely Moderately likely Very likely
	Somewhat distressing Moderately distressing Very distressing		Somewhat likely Moderately likely Very likely

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