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| **Logging stress reactions** |
| Monitor your stress levels each day, noting when you feel particularly worried, frightened or anxious. Use the diary as near to the time of distress as possible as it is easy to forget the details later. Record the occasion and rate the severity of your feelings (1-10). Where you can, note what triggered the stress- thoughts, images, feelings, events, for example. Also record how you tried to cope ad afterwards rerate your distress levels.Rate your distress on the following scale1 2 3 4 5 6 7 8 9 10No distress, calm Moderate distress Absolute panic |
| Date/time | What was the occasion | Rating  | What brought it on | How did you try to cope? | Rerating |
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This will help you reflect on:

* What things or situations trigger my distress
* What are my bodily feelings and my thoughts when I am distressed
* What different levels of distress do different situations cause?
* What do I tend to do when I am distressed
* What helps me best to cope with my distress? -