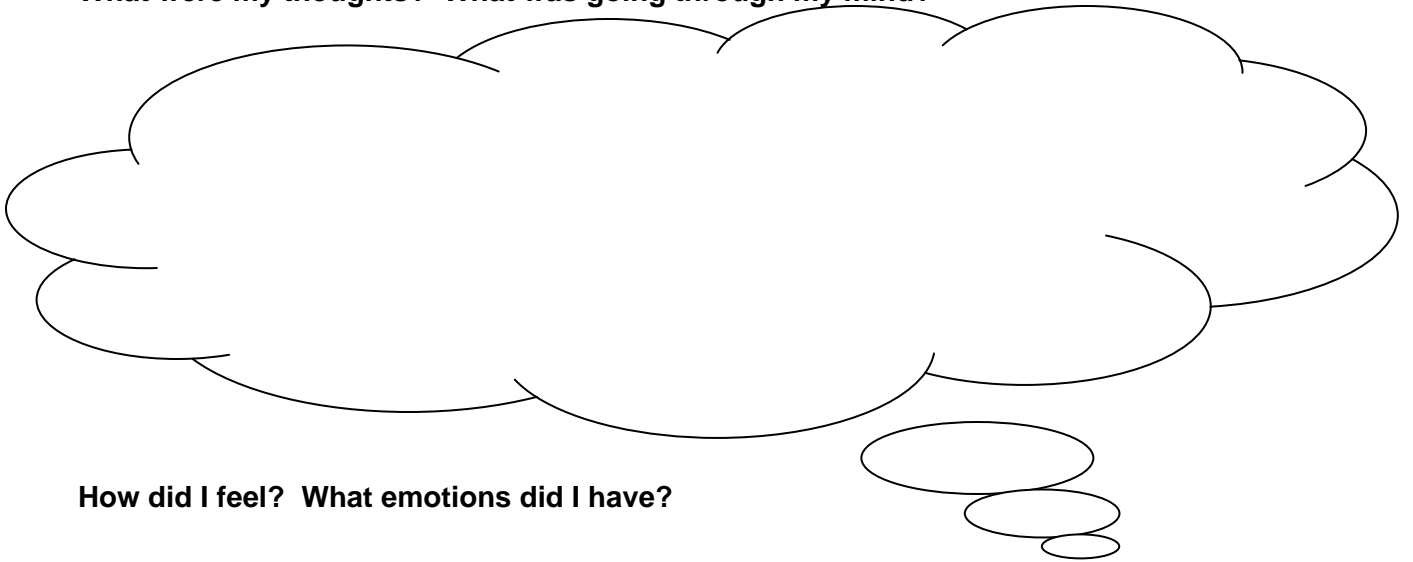


Today's Date:

What was the situation? What happened?

What were my thoughts? What was going through my mind?

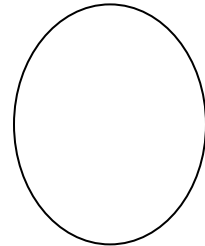


How did I feel? What emotions did I have?

Feeling:

Level:

Facial expression:



What were my behaviors? What did I do?