**STRESSFUL COMMUNICATIONS DIARY**

Be aware of a stressful communication at the time it is happening. Use these questions to focus your awareness on the details of the experience as it is happening. Write it down as soon as possible afterwards.

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| **Briefly describe the communication** | **What emotions were present for you?** | **What thought, images, memories were around for you?** | **What was happening in your body?** | **What were your reactions and behaviours to the other person and yourself?** | **What is here for you as you write this?** |
| ***Example,***  *I called my internet company because of difficulties with my internet.* |  |  |  |  |  |
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From the Stress Reduction Workbook, CMRP