

# My weekly log

by Tiefseetauchner

Mood	Mo	Tu	We	Th	Fr	Sa	Su
<b>Trust in therapy?</b> (from 0 = not at all to 5 = a lot)							
<b>Dissociative symptoms?</b> (from 0 = none to 5 = many)							
<b>Trauma related intrusions?</b> (Count per day)							
<b>Stress caused by intrusions?</b> (from 0 = not at all to 5 = extremely strong)							
<b>Sleep Quality?</b> (from 0 = very bad to 5 = amazing)							

Emotional space	Mo	Tu	We	Th	Fr	Sa	Su
<b>Sense of own emotions?</b> (from 0 = not at all to 5 = very strongly)							
<b>Categorizing of own emotions?</b> (from 0 = not at all to 5 = very well)							
<b>Access to own emotions?</b> (from 0 = not at all to 5 = very possible)							

Self care	Mo	Tu	We	Th	Fr	Sa	Su
<b>Ate something?</b> (Yes/No)							
<b>Sufficient hydration?</b> (In cups)							
<b>Showered?   Brushed teeth?</b> (Yes/No)	I	I	I	I	I	I	I

# Tension log

Name:

Date:

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	23:00	00:00	01:00	02:00
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A 24-hour grid for tracking activity levels. The vertical axis (Y-axis) ranges from 0 to 100 in increments of 10. The horizontal axis (X-axis) shows time intervals from 06:00 to 02:00. The grid consists of 288 squares (24 hours \* 12 intervals per hour).

## What is tension?

Tension is a feeling in your body. It could be, for example, a pressure in your chest. Tension is not inherently bad, but at too high levels, it can be detrimental to your health.

# What is a tension log?

A tension log helps categorizing your tension and helps you know when you should apply skills to lower tension.

Tension logs have a threshold at which the tension is unbearable.

## Notes