My weekly log

by Tiefseetauchner

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

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

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

Tension log

Name:

Date:

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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 detremental 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