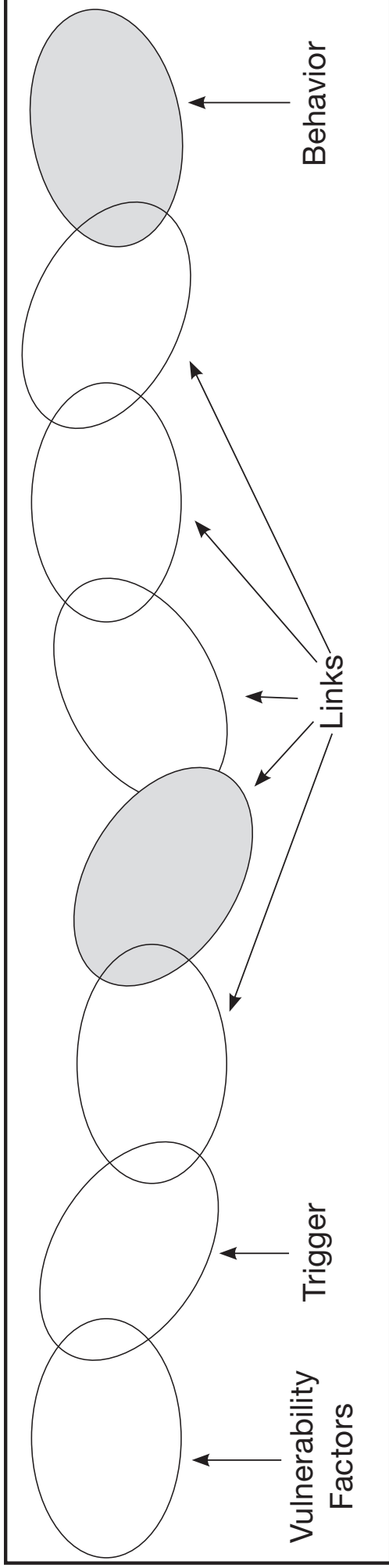


# Pros and Cons Chart

Pros of _____	Cons of _____
Pros of Not _____	Cons of Not _____

# Behavioral Analysis



# STRONG Log

STRONG Goal: \_\_\_\_\_

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sadness/depression							
Anxiety							
Anger/irritability							
Guilt							
Shame							
Mood swings							
Energy							
Concentration							
Memory							

# Getting to Know Your Emotions

Think of a recent time when you've had some intense feelings. Record when it happened and describe the situation. Then name the emotions you felt, your thoughts, body sensations, urges, and behaviors. Finally, ask your wise self if your emotions in the situation were justified and why or why not.

Date: \_\_\_\_\_

Description of situation: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Emotion name(s): \_\_\_\_\_

Thoughts: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Body sensations: \_\_\_\_\_

\_\_\_\_\_

Urges: \_\_\_\_\_

\_\_\_\_\_

Behaviors: \_\_\_\_\_

\_\_\_\_\_

Looking back on the situation now from your wise self, was the emotion(s) justified? Why or why not?

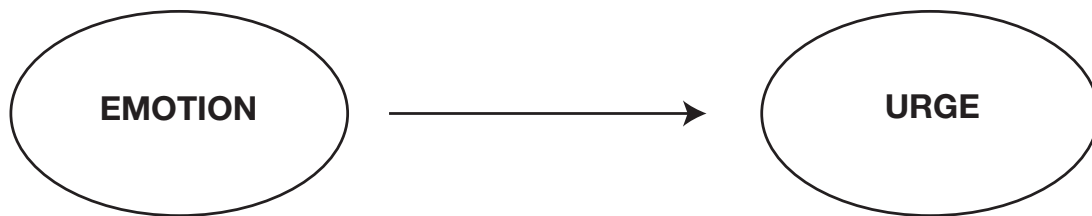
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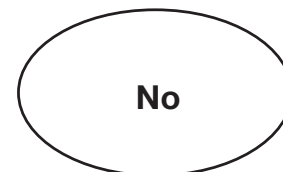
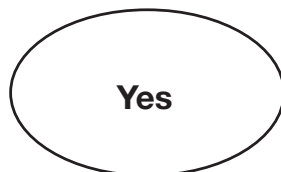
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# Acting Opposite to Urge

The next time you experience a strong emotion that goes with an urge, afterward record what happened, whether you acted on the urge or you acted opposite to it. Write down the emotion and the urge, and whether or not you acted on the urge, and then answer the questions that follow.



Did you act on your urge?



What did you do?  
 What was the outcome?  
 Did your emotions increase or decrease?  
 Did this help you reach your long-term goals?  
 Do you have regrets?

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 What was the outcome?  
 Did your emotions increase or decrease?  
 Did this help you reach your long-term goals?  
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