

Tracking the Before, During, and After



Each week, you will be asked to track the Before, During, and After of the strong emotions you have. The better you understand the patterns of what triggers emotions, what happens during strong emotions, and what happens as a result of your emotional experiences, the more you can see how changing one part of the pattern can change

What happened <u>Before</u>? (What was the trigger?)	What happened <u>During</u>? (What was your emotional response to the trigger?)				What happened <u>After</u>? (What were the consequences of your emotional responses?)	
	Feelings in the body	Thoughts	Urges	Actions	Short Term	Long Term