

## Allies in Change

## Journal

Name \_\_\_\_\_ Today's date \_\_\_\_\_ Date you completed the journal \_\_\_\_\_ Date of event \_\_\_\_\_ Date the situation occurred \_\_\_\_\_

1. Event/situation \_\_\_\_\_  
Brief description / summary of the situation \_\_\_\_\_
2. Physical intensity signs Internal physical sensations – how could you tell you were having a reaction? \_\_\_\_\_
3. Behavioral intensity signs External behaviors – how others could tell you were having a reaction? \_\_\_\_\_
4. Emotions Emotions you were having at the time (see hand-out) \_\_\_\_\_
5. Highest intensity during situation: Rate out of 10 Intensity at beginning of situation: Rating at the start \_\_\_\_\_
6. How much of my intensity was due to this specific situation? To what extent were other issues playing a role? \_\_\_\_\_
7. Negative self-talk Thoughts that increased your intensity (see hand-out) \_\_\_\_\_
8. Abusive/controlling behaviors (if none, skip to the other side) \_\_\_\_\_  
List the specific things you said or did that were abusive or controlling \_\_\_\_\_
9. What did I want to make the other person do, feel, or think? What was the goal of your behavior? \_\_\_\_\_
10. Beliefs that justified my abusive/controlling behaviors \_\_\_\_\_  
what was the reason / justification you gave yourself at the time to be abusive or controlling? \_\_\_\_\_
11. How did my abuse/control affect others \_\_\_\_\_  
What was the negative impact on the other? Make your best guess. \_\_\_\_\_
12. How did my abuse/control affect others who were present \_\_\_\_\_  
If anyone else saw or heard it how do you think they were negatively affected? \_\_\_\_\_
13. What role did my past abuse/control of that person play in this situation Assuming you were abusive/controlling with that person in the past, how did that earlier experience contribute to this time? \_\_\_\_\_
14. What did I gain from my behavior How did you benefit? \_\_\_\_\_
15. What did I lose from my behavior What was the negative impact on you? \_\_\_\_\_

Continued on other side

16. What did I want in this situation What were you hoping for in this situation?  
\_\_\_\_\_  
\_\_\_\_\_

17. What did the other person/people want in this situation \_\_\_\_\_  
What was the other person hoping for in this situation? Think of it from their perspective.  
\_\_\_\_\_

18. Positive self-talk Thoughts that helped you to stay calmer and not overreact (see hand-out)  
\_\_\_\_\_

19. Non-abusive/non-controlling beliefs \_\_\_\_\_  
General thoughts about the world that help you to respond without being abusive or controlling.

20. How did I meet my needs in this situation What did you do to take care of yourself?  
\_\_\_\_\_

21. How did I consider the needs of others in this situation What did you do to take care of the other?  
\_\_\_\_\_

22. My experience of the situation:

I feel Put emotions here

when Specific situation

I would like What you want

and I will What specific things you will do to get what you want

23. What, if anything, I would like to do differently next time How could you have handled yourself better?  
\_\_\_\_\_  
\_\_\_\_\_