

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?