

### Feeling & Behavior Journal

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_ Date of Event: \_\_\_\_\_

Event or Situation: what happened \_\_\_\_\_

Physical warning signs \_\_\_\_\_

Behavioral warning signs \_\_\_\_\_

Feelings (emotions) \_\_\_\_\_ Intensity (1-10) \_\_\_\_\_

Negative Self-Talk \_\_\_\_\_

#### Was I abusive or Controlling?

If "yes": continue below

If "no": go to other side

Abusive or controlling behaviors: \_\_\_\_\_

What did I want to make the other person do, feel and think? \_\_\_\_\_

Beliefs that I use to justify my abusive and controlling behaviors: \_\_\_\_\_

How my abuse or control affected the other person (short term and long term) \_\_\_\_\_

How my abuse or control affected other people involved \_\_\_\_\_

What did I get from being abusive or controlling? \_\_\_\_\_

What did I lose from being abusive or controlling? \_\_\_\_\_

How could I respond to this situation without abuse or control? What could I do differently? \_\_\_\_\_

What positive self-talk would help me be non-abusive and non-controlling? \_\_\_\_\_

New Non-Controlling Belief \_\_\_\_\_

Make a "Directing Statement" to express my feelings and desires in this situation:

I feel \_\_\_\_\_

when \_\_\_\_\_

I would like \_\_\_\_\_

and I will \_\_\_\_\_

No, I was not abusive or controlling:

Did I take a time-out to help me stay free of abusive or controlling behavior? \_\_\_\_\_ Yes \_\_\_\_\_ No

What did I do during my time-out? \_\_\_\_\_

\_\_\_\_\_

What belief helped me stay free of abuse or control \_\_\_\_\_

\_\_\_\_\_

What positive self-talk did I use to prevent abuse or control \_\_\_\_\_

\_\_\_\_\_

Was I assertive? What did I say or do that was assertive \_\_\_\_\_

\_\_\_\_\_

Directing Statement:

I feel \_\_\_\_\_

when \_\_\_\_\_

I would like \_\_\_\_\_

and I will \_\_\_\_\_

How did I meet my needs in a non-abusive/non-controlling way? \_\_\_\_\_

\_\_\_\_\_

How did my non-abusive/non-controlling response affect others? \_\_\_\_\_

\_\_\_\_\_

What did I get from being non-abusive/non-controlling? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_