

Stress Logs

Example

| Day-Time | Event that caused stress | Stress Level | Thoughts & Beliefs about the event | Feelings about the event | What did you do? What was your response? | How could you have thought about this differently or what could you have done differently? |
|-------------|--|--------------|--|----------------------------------|---|--|
| 6/27 5pm | Arguments with mother over not transporting me to treatment, even though she says she wants to help. | 8 | "She doesn't care about me", "she is selfish", "why am I even bothering doing this?" | Anger, frustration, rejection. | Stormed off and avoided her. | Taken a time out and then talk to her about my feelings, use deep breathing, consider her side of it, reality check assumptions made. |
| 6/28 1pm | Someone cut me off in traffic. | 4 | "How rude! Who do they think they are? They think they are more important than me." | Frustrated, irritated, offended. | Sped up to pass them, stayed in a bad mood for a while. | Deep breathing, serenity prayer, meditation, listen to calming music, consider alternatives explanations (didn't see me). |
| 6/28 3pm | Session with primary counselor & talked about how my substance usage hurt my kids. | 10 | "I'm an awful parent." "I don't deserve to have kids." "They will never forgive me" "I've ruined their lives." | Shame, guilt, depression. | Cried, isolated, got impatient with family because I was in a bad mood. | Talk with staff or peers, talk to spouse, use Higher Power, go to an AA meeting and talk about it, call my sponsor, journal, letter to kids. |
| 6/29 7pm | At an AA meeting I wanted to talk but was afraid to. | 8 | "I'll say something stupid." "Everyone will think I'm stupid and laugh at me." | Anxiety, anger at self, fear. | Said nothing, got disgusted with myself, and felt down the rest of the evening. | Talk about being nervous in the meeting, ask other people how they have dealt with same situations, HP. |

| Day-Time | Event that caused stress | Stress Level | Thoughts & Beliefs about the event | Feelings about the event | What did you do? What was your response? | How could you have thought about this differently or what could you have done differently? |
|----------|--------------------------|--------------|------------------------------------|--------------------------|--|--|
| | | | | | | |