

SELF-MONITORING FORM

To manage any negative emotion you need to know how much you feel that emotion. That requires the skill of *self-monitoring*. Below is a form that you can fill out to help you become skilled in self-monitoring. To fill it out, use the following numbers:

0 = no presence of that feeling; 1 = mild level; 2 = moderate level; 3 = moderate to extensive amount of that feeling; 4 = extensive amount of that feeling; 5 = an immense amount of that feeling is experienced.

Day:	Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Time:							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
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