

BETWEEN SESSIONS: TRACKING PATTERNS

6. What happened right before my mood or energy changed today?



7. What thought kept returning today, and what was happening when it appeared?



8. Did I avoid anything today because I expected it to go badly? What happened afterward?



9. What interaction made me feel unusually calm, irritated, rejected, pressured, or understood?



10. What did I do differently today, even if the change was tiny?

