

Powerlessness (events that activates negative affect). **(NOTE: current ones only, work on small ones)**

1

Length: _____ minutes.

Intensity: 1-2-3-4-5-6-7-8-9-10 (1=barely noticeable, 10=the most intense ever)

Briefly describe the event (use just a few words or phrases): _____

List other feelings noted during the event: _____

Describe two alternate ways to cope with this situation the next time: 1) _____

_____ (2) _____

Powerlessness (events that activates negative affect). **(NOTE: current ones only, work on small ones)**

2

Length: _____ minutes.

Intensity: 1-2-3-4-5-6-7-8-9-10 (1=barely noticeable, 10=the most intense ever)

Briefly describe the event (use just a few words or phrases): _____

List other feelings noted during the event: _____

Describe two alternate ways to cope with this situation the next time: (1) _____

_____ (2) _____

Powerlessness (events that activates negative affect). **(NOTE: current ones only, work on small ones)**

3

Length: _____ minutes.

Intensity: 1-2-3-4-5-6-7-8-9-10 (1=barely noticeable, 10=the most intense ever)

Briefly describe the event (use just a few words or phrases): _____

List other feelings noted during the event: _____

Describe two alternate ways to cope with this situation the next time: (1) _____

_____ (2) _____
