

Processing Experiencing

Log in describing your distressing and disturbing experience's so you can assist yourself to process these experiences and increase the quality of your life. At your next session we can use this information to target and process your memories that trigger these distressing and disturbing experiences.

When you are triggered and disturbed by an experience, please write a few descriptive words in each row about that disturbing experience. In the first row note the date, day and time. In the following rows record the trigger and event; the sensations felt in your body that happened at that time and when logging; the emotions that arose; the thoughts that occurred; what you wanted to do, say or act in regard to the trigger and/or event; any memories you remembered; any of the 5 sensory images that formed; log the core belief about yourself in view of the event, this is the "I am ..." statement; then score the **SUD Score (Subjective Unit of Disturbance/Distress)** on a scale of 0-10. 0 being neutral, not disturbing at all, and 10 as the highest disturbance possible.

Most importantly, use a Self-Caring Skill to balance your energies, after the triggering or after logging the event and its elements. Use a caring skill, you already know or learned in your sessions, with the aim to dissipate the distress. Log it within the row "Self-Caring Skills". After using this skill, once again score the SUD. If necessary, repeat using the same or another skill, again and again, until your SUD level is '0' or at a manageable level. Lastly, write down what you might be witnessing about the experience, any insights, and what you are knowing now.

Log for Processing the Quality of Your Experiencing			
Date/Day/Time	1st	2nd	3rd
<u>Trigger</u> Event			
<u>Sensations</u>			
<u>Emotions</u> Feelings			
<u>Thoughts</u>			
<u>Wants</u> Intentions Reasons			
<u>Memory</u>			
<u>Images</u>			
<u>Core belief</u> "I am ..."			
SUD Score			
Self-Caring Skills			
SUD Score			
Witnessing "What I am knowing now is..."			