

## Appendix 4 Strong Feelings Diary

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Keep a feelings diary during the next week. Write down what made you angry, upset or stressed (triggers), how you felt (feelings), what you did (behaviour), and what happened next (consequences).

Then scale yourself on a scale of 1–10 for how well you coped with your strong feelings

(0 = not well, 5 = OK, 10 = brilliantly)

	Triggers	Feelings	What I did (behaviour)	What happened next? (consequences)	Rating 1–10
Monday		😊 😐 😞			/10
Tuesday		😊 😐 😞			/10
Wednesday		😊 😐 😞			/10
Thursday		😊 😐 😞			/10
Friday		😊 😐 😞			/10
Saturday		😊 😐 😞			/10
Sunday		😊 😐 😞			/10