Basic Behavior Log

Instructions.Record any behaviors you would like to monitor or change. Note your internal environment (e.g., sensations, feelings, thoughts, memories, urges, cravings), characteristics of the situation, or any other material you think may be important.

Date	Time/Location/Trigger	Felt	Did
3-10	*7:45 pm / Store /Jerk cut in line*	*Like punching him in the back of the head, pissed*	*Made a remark under my breath, hoping he would start something, and then vented once I was at my place*

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