

Date:		Name:					
Rate: 1 (least) – 4 (most)	Tues	Wed	Thurs	Fri	Sat	Sun	Mon
Boredom (restless)							
Entitled (one-up)							
Angst (worried)							
Resentment (victim)							
Hungry (needy)							
Angry (irritable)							
Lonely (pain)							
Tired							
Depressed							
Anxious (fear)							
Totals:							
Triggers (urges/cravings)							
Successes:							
Breathe (stop/soothe)							
Boundaries							
Balance (moderate)							
Calling (12-Step)							
A/O (yes or no)							

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