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

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) __________________________________________________________

---

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