

# Progress Tracker

Date:

1. Trigger: What caused the strong reaction in you?
2. Thoughts: What were your thoughts about the situation?
3. Emotions: What were your emotions about the situation?
4. Body Reactions: What did you feel in your body in response to the situation?
5. Behaviors: What were your behaviors in reaction to the situation?
6. Core Beliefs: What did you believe about yourself in that triggered moment?
7. Duration: How long did your reaction last before you started feeling like your normal self?
8. Intensity: How intense did your reaction get? (You can use a scale from 1–10, 10 being the most intense reaction, or you can describe the intensity in your own words.)
9. Frequency: How long had it been since the last time you reacted this strongly?