

## Trigger and Resource Log

<b>Date/ Time</b>	<b>Trigger/Situation</b>	<b>Body Sensations</b>	<b>SUDS<sup>1</sup></b>	<b>What resource(s) did you use?<sup>2</sup></b>	<b>Any changes after use of resource?</b>	<b>SUDS After</b>
<i>Monday 10 AM</i>	<i>Partner yelled at me about being late for dinner.</i>	<i>Heart pounding, blood rushing in my ears, upper body immobilized</i>	<i>7</i>	<i>Centering: one hand on heart, one hand on belly</i>	<i>Breathing slowed, heart rate calmed, feel like I could move.</i>	<i>4</i>

<sup>1</sup> **SUDS** (Subjective Unit of Distress) 10=most distress you could imagine, 0=no distress, non at all

<sup>2</sup> **Resources** can be from any of the following categories: Psychological, Physical, Emotional, Intellectual, Relational, Spiritual, Creative, Nature, Material, Behaviors.