

VITALITY vs. SUFFERING Worksheet

Client's Name:

Date of Today's Session:

Date of Next Session:

Instructions:

Between this session and the next one, keep a record of what you do when painful thoughts or feelings arise. Categorize these actions under increased vitality or suffering.

Date and Painful Thoughts/Feelings/Urges/Sensations/Memories for that Day	Actions that I did that lead to VITALITY (i.e. improved by wellbeing/health/relations hips)	Actions that I did that lead to SUFFERING (i.e. worsened my health/wellbeing/relations hips)