**Vitality versus Suffering Diary**

Between now and next session, keep a record of what you do when painful thoughts and feelings arise, and notice if these actions lead to increased vitality or increased suffering.

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| --- | --- | --- |
| Painful Thoughts/ Feelings/ Urges/Sensations/memories  that showed up today | Things I did - when those thoughts and feelings showed up - that lead  to VITALITY (i.e. enriched my life, or improved my health, wellbeing, or relationships in the long term) | Things I did - when those thoughts and feelings showed up that lead to SUFFERING (i.e. restricted or worsened my life, drained my health and wellbeing, or hurt my relationships in the long term) |
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