**Struggles vs Opening up Worksheet**

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| Daily Struggles | | | |
| Day/Date/Time  Feelings/Sensations  What events triggered  this? | How much did you struggle  with these feelings? 0 = no struggle, 10 = maximum struggle. What did you actually do during the struggle? | Did you open up and make room for these feelings, allowing them to be there even though they were  unpleasant? If so, how did you do that? | What was the long-term effect of the way you responded to your feelings? Did it enhance life or worsen it? |
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